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This spy never goes out of style

Metro talks to longtime James Bond designer Lindy Hemming about 007's smouldering look PAGE 31

VANCOUVER metro®

Thursday, October 11, 2012

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A homelessness safety net

Vancouver Rent Bank. New city-supported program hands out one-time loans to help applicants pay rent

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Marilyn McKee never wants to be homeless again.

The self-employed jewelry engraver and her son have gone through it before and narrowly averted a second round in the shelter system when money dried up one month.

Luckily, she was able to secure a small one-time interest-free loan through the Network of Inner City Community Services Society (NICCSS) to pay her rent and avoid a vicious journey to get her family back on its feet.

McKee was brought to tears Wednesday at the official launch of the Vancouver Rent Bank, a new city-supported, NICCSS-run expanded model of the program that kept her in a home.

Now as a community organizer, she'll be able to help other families and individuals that are in the same situation she once found herself in.

"This program will help so many families from taking that step," McKee said at the program launch. "That $350 I received was all that kept me and my son from being homeless."

The city believes it can help prevent an estimated 1,600 evictions by handing out small, one-time loans to applicants to help them pay rent.

A high price

$55,000

It costs $55,000 a year to support a homeless person, according to the office of MLA Spencer Chandra Herbert

"We all know that the little things can trip up families," said Vancouver Coun. Kerry Jang. "It could be an unexpected medical cost for a child and all of a sudden you can't pay the rent. (The rent Bank) prevents homelessness, which is the best way of dealing with it."

While the provincial government was not involved in the program, a lot of the preliminary work came as a result of meetings in MLA Spencer Chandra Herbert's office more than a year ago.

He said it costs $55,000 a year to support a homeless person, an avoidable expense if a few hundred dollars (which is paid back) can keep that person in their own home.

"It's a small price to pay," said Chandra Herbert. "It's a great day."

Three other communities, including Surrey, already have rent banks in B.C.

The Vancouver Rent Bank will be operated by NICCSS, with funding and support from the city, Vancouver Foundation, Streettohome Foundation and Vancity Credit Union.

Since a soft launch of the program Sept. 4, the program has provided two loans and set up two more repayment plans between tenants and their landlord.

LAGOON GONE TO THE BIRDS

Robyn Worcester and Brian Titaro from the Stanley Park Ecology Society's conservation team haul a log into Lost Lagoon Wednesday to create a new habitat for winter water birds. The society launched the HSBC Freshwater Initiatives in Stanley Park, a series of conservation and stewardship projects aimed at restoring the park's aquatic ecosystems and enhancing wildlife habitat.
Story, page 6. PHYLICIA TORREVILLAS/METRO

Unattainable objective

An economist claims the emissions target legislated by the province is impossible to reach PAGE 4

Blades ... no glory

With the NHL locked out, Metro speaks to the people who play for the love of the game PAGES 18-19

Brave girls

A day meant to celebrate young activists is marked with sadness after a ruthless Taliban attack PAGES 8-9

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Leak detection. Enbridge grilled

The ability to detect leaks along the proposed Northern Gateway pipeline won't be known until the pipeline is built and pumping oil through the remote wilderness of northern B.C., a lawyer for the province noted at a hearing deciding the pipeline's fate.

Chris Jones grilled a panel of company experts on the design of the 1,100-kilometre pipeline that would deliver oil from the Alberta oilsands to a tanker port on the B.C. coast.

"So is what you're telling me that the actual sensitivity of a pipeline — perhaps this pipeline, along with other ones — can only be determined when it's actually been constructed and you're able to test that actual pipeline in operation?" Jones asked on the second day of environmental assessment hearings in Prince George.

"We have a quite an operating history ... It's not an issue of trust us, wait 'til construction," answered Barry Callele, director of pipeline control systems and leak detection for Enbridge Pipelines Inc.

Testing is and has been under way, Callele said, and test results show the estimates provided in the project proposal are conservative.

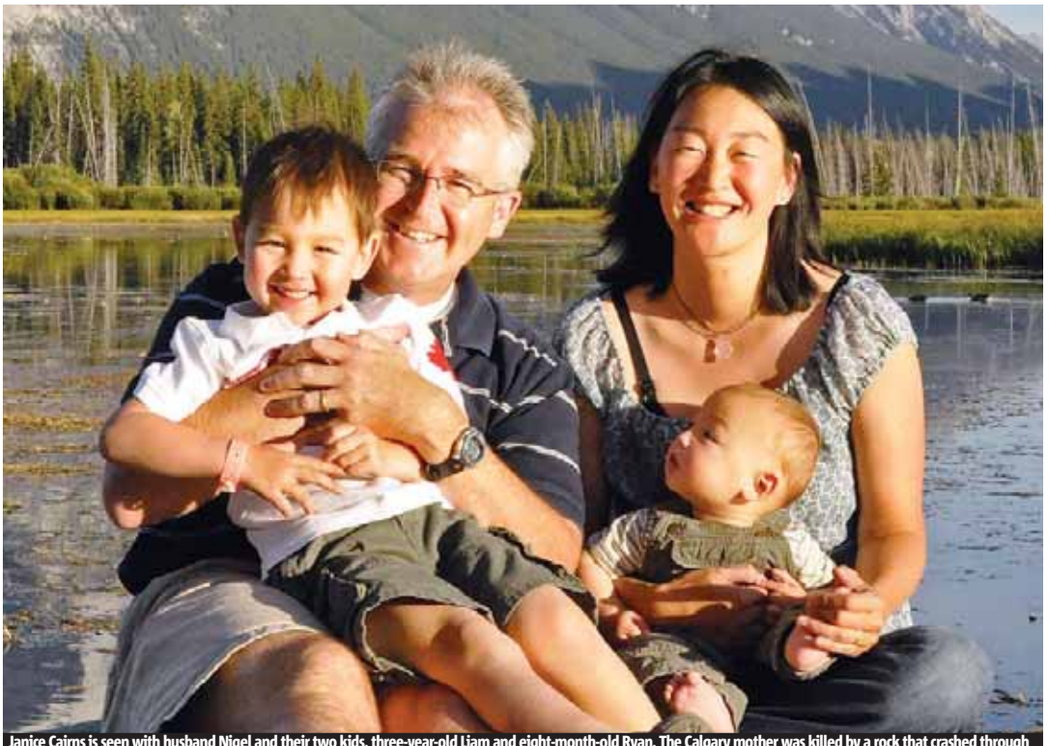
"But I guess the answer to my question is still: We don't know until it's been built. Isn't that right?" Jones asked.

"I think we know what we know today. We'll know more at every phase along the pipeline construction project and we'll know emphatically or empirically at the time that fluid withdrawal tests are done at different sections of the pipeline."

"We will have one of the best instrumented pipeline systems not only in North America, but probably the world," Callele told the panel.

Jones pointed out that according to U.S. data, there were 31 leaks from Enbridge pipelines in that country since 2002.

THE CANADIAN PRESS



Janice Cairns is seen with husband Nigel and their two kids, three-year-old Liam and eight-month-old Ryan. The Calgary mother was killed by a rock that crashed through the windshield of her family's vehicle Friday. COURTESY RICHARD LAM

Accident victim a 'great friend to all'

Family first. Calgary mother had put aside career in recent years to raise young boys

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The early Thanksgiving dinner Calgarian Janice Cairns had spent Friday morning preparing for her husband and two kids was never finished.

With dinner in the oven, Janice, her husband Nigel, and children Liam and Ryan, packed into the family Subaru and headed off from Kimberley, where they were vacationing, to Radium Hot Springs for the day.

As their car crossed a bridge on Highway 93/95 over the Kootenay River, RCMP said a large rock dislodged from the dual wheels of a passing semi and flew into the passenger side of the windshield, striking Cairns in the head.

Police believe the injury caused by the rock, roughly 30 centimetres by 15 centimetres, killed the 36-year-old instantly.

Reached late Wednesday, Richard Lam, the victim's brother, described his sister as a devoted and loving mother and wife.

"She was our baby sister and she was a great friend to all," he said. "She gave the shirt off her back to anyone and helped anyone."

Members who had investigated the scene told reporters Tuesday that had the rock not struck Cairns it very well could have hit her children in the back seat.

"We very well could have had other serious injuries," said Barb McLintock with the coroners service.

Janice and Nigel had celebrated their eighth wedding anniversary last month and the loving mother was set to turn 37 in just a few weeks.

Lam said in recent years his sister had put aside her career aspirations to focus on her kids.

"She decided to give everything up so she could raise her boys," he said. "It was an absolute miracle that no one else got hurt."

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Natural-gas strategy makes emission targets impossible: Economist

Conflicting plans. New report argues that rest of economy would have to cut emissions by 81 per cent to meet overall 33 per cent reduction

KATE WEBB
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A prominent economist says B.C. cannot possibly meet its own legislated targets for reducing greenhouse gas emissions (GHGs) if it goes ahead with current plans to expand natural-gas extraction and export it to Asia.

Marc Lee with the Canadian Centre for Policy Alternatives published a study Wednesday taking issue with the province's natural-gas strategy, which aims to see at least three new liquid-natural-gas (LNG) plants built by 2020.

The report argues if that happened the province's total emissions from gas production would rise to 35.5 megatons by 2020. Lee calculated for B.C. to stay on track under that scenario and still meet its commitment to reduce emissions by 33 per cent by 2020, the rest of the economy would have to cut down on GHGs by 81 per cent.

"It's the same government that just five years ago brought in this law that said we're going to get serious about climate change, and I think the first few years of that we were seeing some progress on that in terms of emissions," Lee said.

"But the natural-gas strategy, which just came out in February, is a very different path and would basically make it impossible to meet those targets."

The report says the three new LNG plants being considered represent the equivalent of putting 24 to 64 million more cars on the road each year. All of the projects still need to complete regulatory reviews, including environmental assessments, and negotiations with First Nations in order to move forward.

The study was sent to all sitting MLAs as well as B.C.'s Climate Action Secretariat.

A spokesman for Environment Minister Terry Lake said the minister was travelling Wednesday and could not be reached for comment.

Equipment used for the extraction of natural gas is viewed at a hydraulic-fracturing site on June 19 in South Montrose, Penn. SPENCER PLATT/GETTY IMAGES

Children's deaths prompt B.C. domestic-violence action plan

Allan Dwayne Schoenborn is shown in an undated photo. The horrible murders of three children by their deranged father has prompted the British Columbia government to introduced a domestic violence action plan. HANDOUT/BC RCMP

The horrible murders of three children by their deranged father has prompted the B.C. government to introduce the workings of its domestic-violence action plan.

Children and Family Development Minister Stephanie Cadieux said Wednesday the government's plan includes training 20,000 people in recognizing and responding to domestic violence.

She said the government's action plan is a result of an investigation by B.C.'s independent children's representative Mary Ellen Turpel-Lafond into the April 2008 murders of the three children in Merritt, B.C., by their mentally ill father, Allan Schoenborn.

Turpel-Lafond's report found the three vulnerable children, Kaitlynne, 10, Max, 8, and Cordon, 5, could have been saved if British Columbia's social safety net was working properly.

Premier Christy Clark stood in the legislature last March and formally apologized to the children's devastated mother, Darcie Clarke, saying the province can and must do better.

Cadieux said she believes the government's domestic-violence action plan offers improved protections for victims of family violence.

Response

"It's unimaginable that any family should have to go through this."

Children and Family Development Minister Stephanie Cadieux

"We're certainly committed to improving the system that we have," she said. "It's unimaginable that any family should have to go through this, and we're committed to making sure that we act quickly and effectively in making sure that the system does act seamlessly."

The government announced last March the creation of its Domestic Violence Unit to demonstrate accountability and leadership in the area of domestic violence.

Schoenborn, the subject of an intense Canada-wide search after the shocking discovery of his children's bodies, was found not criminally responsible for the murders because of a mental disorder.

The unemployed labourer was arrested and released three times in the week prior to the children's deaths, and 14 professionals were involved with the family, said Turpel-Lafond's report.

THE CANADIAN PRESS

Tragic accident

Rock-through-windshield incident in B.C. killed Calgary woman: Coroner

The B.C. Coroner's Service says a 36-year-old Calgary woman was the person killed when a rock hit her in the head after smashing through the windshield of the vehicle she was travelling in last Friday in southeast B.C.

Janice Cairns was a passenger in the front seat of the family vehicle as it was heading north on Highway 93 near Canal Flats north of Cranbrook. As their vehicle passed a transport truck, a large rock was thrown up from the truck's rear wheels and smashed through the windshield of the Cairns' vehicle, killing her instantly.

THE CANADIAN PRESS

Four-year term

Former reporter appeals sentence

Former TV reporter Ron Bencze is appealing his prison term for sexually assaulting a youngster. Bencze's lawyers say the provincial judge imposed an unfit sentence when he added a year to the three-year term the Crown suggested. THE CANADIAN PRESS

Land-claim agreements

Treaty commission reaches 20-year anniversary, signs 2 deals, dozen more close

British Columbia's chief treaty commissioner says 13 new land-claim agreements are close to being signed in what has become a revived treaty-making process between First Nations and the federal and provincial governments.

Chief Commissioner Sophie Pierre says the B.C. treaty process has reached the anniversary on a high note after a particularly gloomy period that threatened the survival of treaty negotiating.

Since 1992, just two final treaties have been negotiated.

THE CANADIAN PRESS

Claims adjusters

ICBC to stage strike action Friday

Workers at the Insurance Corporation of B.C. will be staging another round of job action starting on Friday that will see drivers waiting longer to meet with a claims adjuster. The union is battling the corporation for higher wages. NEWS1130

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Funds flow to Stanley Park

Boost. Funding to help remove invasive species, enhance bird habitats, maintain waterways and protect trees

PHYLICIA TORREVILLAS
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Stanley Park's wildlife and aquatic ecosystems will get a much-needed boost thanks to an eco-donation.

The Stanley Park Ecology Society (SPES) announced Wednesday its HSBC Freshwater Initiatives in the park through the financial institution's $50,000 donation.

"One of the areas that we knew from the (2010) State of the Park report was that the aquatic systems of Stanley Park are in fairly deep need of some extra attention and some help," said SPES executive director Patricia Thomson at a plaza overlooking the Lost Lagoon.

"(This new initiative) is going to help us accomplish a lot of quick actions that will make some long-lasting positive impacts for the park," she added.

The funding will help SPES to remove invasive species from riparian habitats, enhance habitat for birds by installing nest boxes, maintain water levels from Beaver Lake and Beaver Creek, and protect existing trees from beaver damage through a tree wire-wrapping project.

Robyn Worcester and Brian Titaro from SPES' conservation team anchored seven-foot-long logs into Lost Lagoon in a rowing boat to create "floating islands" for ducks and migratory birds.

"People walk by and see the ducks here but they don't always realize that this is a place (for) birds from all over B.C. and as far away as Alberta and even the Northwest Territories," Worcester said.

Robyn Worcester and Brian Titaro from the Stanley Park Ecology Society's conservation team haul a seven-foot-long log into Lost Lagoon Wednesday. The log will be among the materials used to create floating islands for ducks and migratory birds. PHYLICIA TORREVILLAS/METRO

Cummins costing Tories money, critic claims

B.C. Conservative Leader John Cummins has released financial information that says the party is in its best shape ever. DAVID PROCTOR/METRO FILE

B.C.'s Conservative leader has brushed off the latest calls for his resignation by saying it's simply a minority of dissidents making a lot of noise.

But the noise threatened to become a deafening roar Wednesday as a collection of constituency association presidents, angered by John Cummins' earlier ultimatum that they get in line with his leadership or leave the party, issued their own edict to the embattled leader: Quit by Friday or the money dries up.

Ariane Eckardt, constituency association president for Burnaby North, said Cummins' continued leadership has prompted potential donors to the party to put away their wallets.

"We have been told that several donors have chosen not to donate anymore to the party, and at the tune of $4,000 a month, which is what Mr. Cummins is getting at this point, we would think that the money is going to run out," she told a news conference.

Eckardt later said Cummins is also costing the party "substantial" future donations, as well.

"I have been told now several times that there are people waiting in the wings to get this party healthy again so that they can support us," she said after the news conference.

But even before the press conference, Cummins issued a news release noting the B.C. Conservatives raised over $200,000 in the first nine months of this year, leaving the party in the best shape ever.

He said that in 2012, the party will raise as much as it did in the previous seven years combined.

"I'm pumped, I think that things are going remarkably well," Cummins said in an interview. THE CANADIAN PRESS

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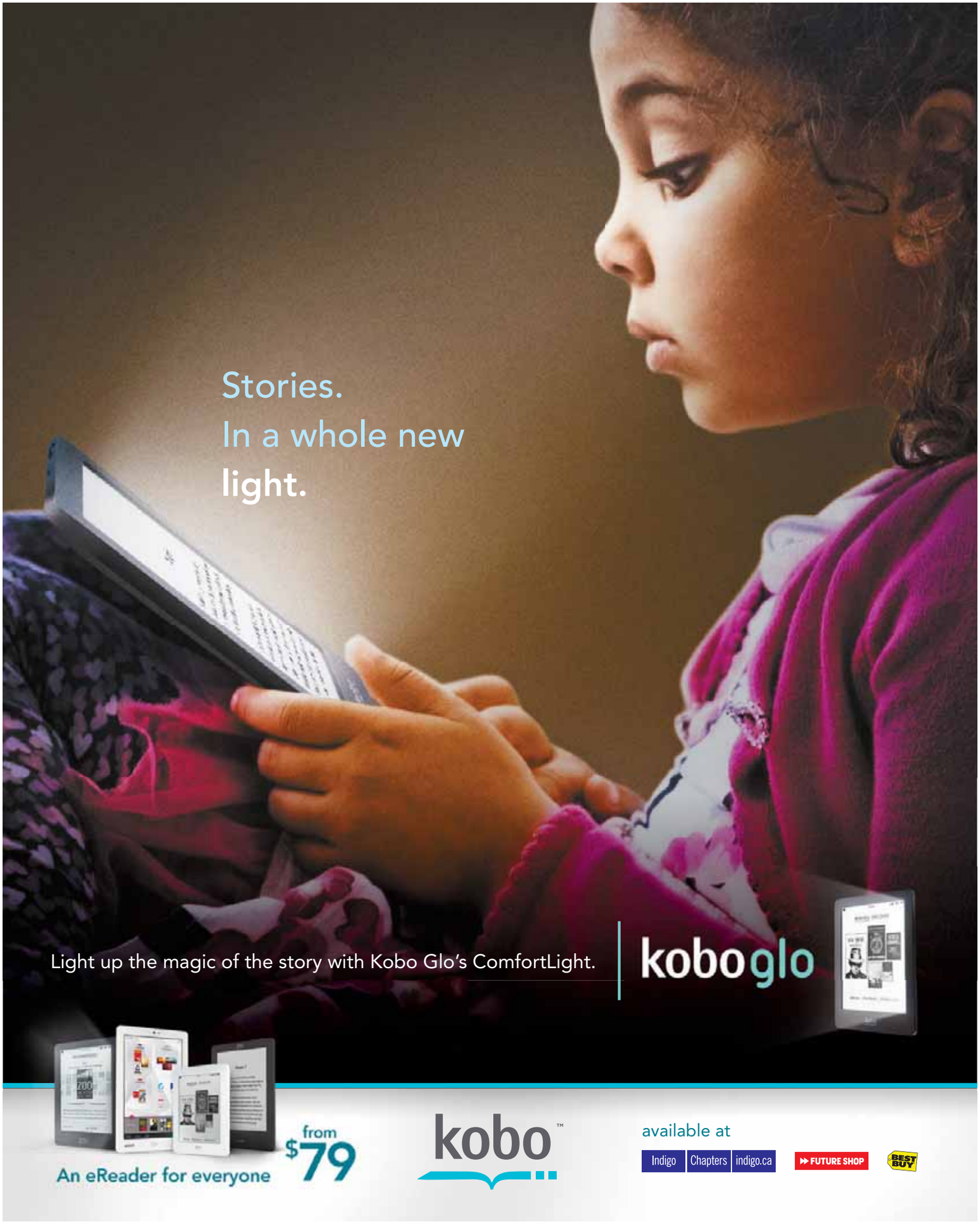
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Education

The world is changing for girls

More girls are going to school than ever before.

In developing regions, 97 girls were enrolled in primary or secondary school for every 100 boys — an improvement over 1999, with 91 girls for every 100 boys in elementary schools and 88 girls for every 100 boys in high schools, according to Plan Canada.

"There's still 75 million girls (of school age, under 16) missing from school," said Rosemary McCarney, president and CEO of Plan Canada. "Of those, 39 million are girls missing from secondary school education."

While Central Asia, Latin America, the Caribbean, Southeast Asia and the Caucasus at the border of Europe and Asia have shown the most progress over the past 10 years, progress for girls' education has lagged in most other parts of the developing world — particularly in Northern Africa, Oceania, Southern Asia, sub-Saharan Africa and Western Asia, according to Plan.

JESSICA SMITH/METRO IN TORONTO

Violence mars first Day of the Girl Child

'Collective sense of horror.' 14-year-old advocate of girls' right to education shot

JESSICA SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousufzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since she was 11 years old. Her struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around the world, will be lit up in pink, and long-planned events — including a concert at Dundas Square in Toronto Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said.

"This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the Because I am a Girl initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV/AIDS and chance of death during childbirth.

Women hold banners during a protest condemning neck of the 14-year-old girl who was shot by the Taliban is afraid of an unarmed girl."

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the attack on schoolgirl Malala Yousufzai in Islamabad on Wednesday. Pakistani doctors successfully removed a bullet Wednesday from the Taliban for speaking out in support of education for women, a government minister said. The banner on the bottom right reads, "The

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Research shows men benefit from embracing gender equality

Girls alone can't solve gender inequality — and the Because I am a Girl campaign is about them, too.

"It's fundamental that boys are a part of this," said Plan Canada CEO Rosemary McCarney. "We know that gender inequality doesn't work for boys either, who are forced into very stereotypical, macho, self-perpetuating images of their role in life, to protect and defend girls instead of championing girls' rights to be powerful."

Plan Canada's research found that men who stand up for gender equality can face difficulties in going against the prevailing norms in their countries and some worry about the lack of opportunities for boys as girls' rights increase, according a 2011 report on boys.

At the same time, Plan found boys and men who have embraced gender equality benefited from the better relations and freedom that come with letting go of traditional, confining definitions of masculinity.

One new program that teaches boys to be men in Canada is Game On, run in schools by the Big Brothers Big Sisters of Canada — and there is a big need for it, said BBBSC president Bruce MacDonald.

Malala Yousufzai was shot on Wednesday during the first-ever International Day of the Girl Child. The Taliban took credit for the attack. TORSTAR NEWS SERVICE

Through physical activity and the leadership of young men, the program teaches smart and healthy eating and living, and instills respect for socio-economic, ethno-cultural and racial diversity, said MacDonald.

"There needs to be an emphasis on both genders and making sure all kids get the potential to succeed," he said.

JESSICA SMITH/METRO IN TORONTO

Youth can help

Different cultures, same issues

When Nicole Toole went to Kenya, she learned that the girls care about the same issues she does.

"Over there, when I was sitting down talking to the girls the same age as me, they were having the same issues I have, even though we're on two different sides of the world and two different cultures," said Toole, 17, a Plan Canada youth ambassador from Toronto.

She found they had concerns in common about body image and equal pay for men and women.

"Really, when you break it down, what girls wish for the future is the same as in Canada," she said.

Learning about girls not being able to go to school because of their gender has made her want to continue to help girls around the world. METRO

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VIFF 2012: My dad and the man in black

Docudrama. Son of Johnny Cash's manager reveals a Canadian showbiz secret

PHYLICIA TORREVILLAS
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Who knew country music icon Johnny Cash had a Canadian connection?

But little is known about the legendary musician's longtime Canadian manager Saul Holiff, who handled him from 1960-73 and put June Carter in Cash's band.

Holiff's son, Jonathan, spent the last six years putting together his debut film My Father And The Man In Black — a documentary revealing the singer's tumultuous life, his troubled manager and a son discovering his estranged father's inner thoughts.

"This story is Canada's best-kept showbiz secret," said the younger Holiff, who directed, wrote and produced the docudrama.

Holiff said that growing up, he didn't hear the word love from his father, who micromanaged everything he and his younger brother did. He broke ties with Saul when he was 17. Father and son had been estranged for 20 years when Saul committed suicide in 2005 — without leaving a note.

When he was 40, Holiff's mother gave him a key to a storage locker where his father had kept decades of memorabilia and audio diaries.

VIFF: My Father And The Man In Black: Thursday, Oct. 11 at 2:50 p.m., Empire Granville.

Country star Johnny Cash and longtime manager, Canadian Saul Holiff.
CONTRIBUTED

Bush tragedy

Coroner: Hunter shot himself by accident

A hunter accidentally shot himself dead while hiking through dense woods southeast of Vernon, the Coroner's Service said.

It appeared 52-year-old Tracy De Montezuma of Lake Country was climbing over logs when his deer-hunting rifle discharged, the service added.

De Montezuma had set out for a day in the bush on Sept. 29 and a massive search began the next day when he failed to return.

His body was found five days later.

THE CANADIAN PRESS

All sizes and brands

Mystery tire pyre on lawn baffles the Mounties

Whodunnit?

A tireless search for a suspected prankster was underway Wednesday in northeastern B.C. after a bunch of 15 tires turned up on a lawn in the community of Charlie Lake.

Fort St. John RCMP say the tires were neatly stacked on the lawn.

But there's no indication where they came from or who they belong to.

Investigators say the tires are all sizes and brands. They are appealing for information.

MOOSE FM/THE CANADIAN PRESS

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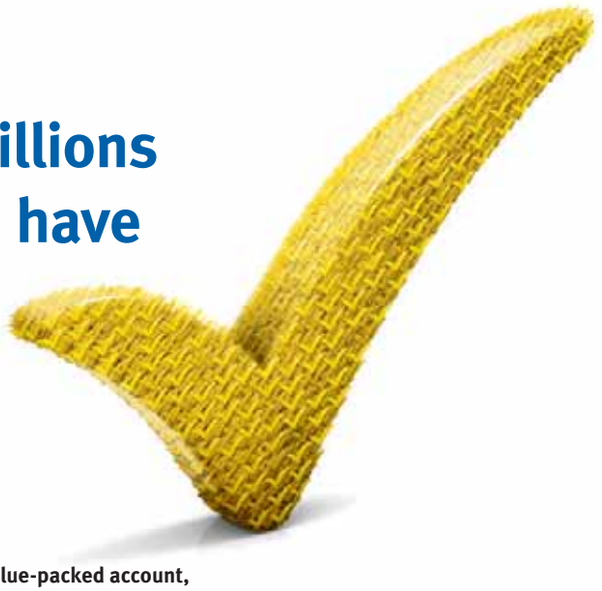

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Sweet! Victoria's secret? It's, er ... promiscuous, sugar-daddy survey says

It may have a reputation as a retirement city, but don't let that fool you.

Victoria is also the most sexually promiscuous city in Canada, according to a poll by a Las Vegas-based dating website.

SeekingArrangement.com, "the world's largest sugar daddy website," polled its Canadian clients and found that 78 per cent of male users in Victoria reported sleeping with seven or more partners in the past year.

That's enough to beat out cities such as Toronto and Vancouver — and even Chicago.

The website said about 24,000 male "sugar daddies" are using its service in Canada.

LUKE SIMCOE/METRO VICTORIA

Drink to it. Reservoir levels stable, officials say

The driest September in more than a century did little to drain the region's drinking-water reservoirs.

The Metro Vancouver regional district announced Wednesday that reservoir levels are at 60 per cent — normal for this time of year.

While little rain fell in August and September, the district believes a rainy June and July and new regulations that restrict lawn sprinkling made up for the dry spell.

MATT KIELTYKA/METRO

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Surprise plea. Navy officer admits guilt in East Coast spy case

A navy intelligence officer rose before a judge in a Halifax court Wednesday to plead guilty to espionage.

His plea will make him the first person in Canada to be convicted under the Security of Information Act.

Sub-Lt. Jeffrey Paul Delisle, 41, showed no emotion as he acknowledged he understood the consequences of entering a guilty plea.

Defence lawyer Mike Taylor said Delisle decided to end the matter that raised uneasy questions about Canada's relations with its closest allies.

"He just wants to move forward, he wants to get it done, put it behind him," Taylor said outside court.

The sentencing hearing is set for Jan. 10.

THE CANADIAN PRESS

The man

Sub-Lt. Jeffrey Paul Delisle gained officer status in 2008.

- **Listening post.** He worked at Trinity, a military intelligence centre on the East Coast. Experts say it provides tactical assessments for Canadian warships and aircraft.

Probation problem?

Anti-Muslim film man faces hearing

The man behind an anti-Muslim film that sparked violence in the Middle East denied Wednesday he violated his probation from a 2010 bank fraud conviction.

A judge in Los Angeles scheduled an evidentiary hearing on Nov. 9 for Mark Basseley Youssef.

Youssef, 55, went into hiding when violence erupted in Egypt on Sept. 11.

The film depicts Muhammad as a religious fraud, womanizer and pedophile. The violence sparked by the film killed dozens.

THE ASSOCIATED PRESS

One free, two face Siberia: Pussy Riot court shocker

She's free, her comrades are not so lucky: Pussy Riot member Yekaterina Samutsevich leaves a Moscow court surrounded by bailiffs on Wednesday. YURI TUTOV/THE ASSOCIATED PRESS

World activists stunned. Punk band member walks from court on a technicality — her comrades head to a penal colony

One jailed member of the punk band Pussy Riot unexpectedly walked free from a Moscow court Wednesday.

But her two jailed comrades now head toward a harsh punishment — a penal colony, possibly in Siberia.

Nevertheless, the pair squealed with joy and hugged Yekaterina Samutsevich before she was led from the courtroom to be mobbed by friends and journalists waiting outside on the street.

All three women got two-year sentences in August after they performed a "punk prayer" in Moscow's main cathedral.

Dressed in neon-coloured dresses and tights, they asked the Virgin Mary to save Russia from President Vladimir Putin.

"If we unintentionally offended any believers with our actions, we express our apologies," said Samutsevich, who along with Maria Alekhina and Nadezhda Tolokonnikova spoke in court Wednesday from a glass cage known colloquially as the "aquarium."

"The idea of the protest was political, not religious,'' Samutsevich added.

She was freed on a technicality: The Moscow City Court ruled her sentence should be suspended because she was thrown out of the cathedral by guards before she could remove her guitar from its case and thus did not take part in the performance.

THE ASSOCIATED PRESS

Quoted

"It is a very cold climate for human rights in Russia right now."

Suzanne Nossel, executive director, Amnesty International USA.

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Dief was his dad? Two new clues may prove it

The winding saga of a man's quest to prove former prime minister John Diefenbaker was his father seemed headed for the home stretch Wednesday.

Suddenly, there are two new possibilities for genetic matching.

An excited George Dryden said he has found a company that can do DNA tests on hairs that belonged to Diefenbaker — even though they no longer have the roots.

Initially, Dryden believed the hairs were useless for genetic testing without the roots.

The company he has now hired believes that's not the case.

"Apparently, they don't need the root," he said.

In addition, the museum in Saskatchewan that has the hair has also found a DNA report done on a tooth believed to have belonged to the former prime minister.

"We've got two irons in the fire," said Dryden.

"This will prove it definitely, once and for all."

According to Dryden's lawyer, the museum has opted to keep confidential the name of the person who requested testing of the tooth "some time ago." Apparently the tooth was destroyed but the DNA report has now turned up.

George Dryden believes new evidence will confirm his claim that former prime minister John Diefenbaker was his father. COLIN PERKEL/THE CANADIAN PRESS

Both the hairs and DNA report are expected to be sent to a Toronto-based testing company early next week.

Some say businessman Dryden, 43, bears a strong resemblance to the former Conservative leader.

The Toronto man claims his mother, Mary Lou Dryden, had an affair with Diefenbaker in the 1960s.

She was a known confidante of the prime minister and there were longtime family whispers about the father of her child.

Diefenbaker, always believed to have been childless, died in 1979.

Dryden only found out last year that the man he had long believed was his dad was in fact not his biological father.

THE CANADIAN PRESS

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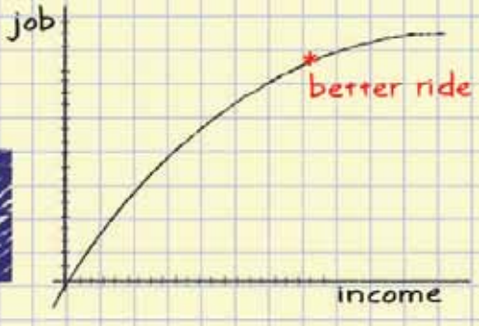

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U.S. President Barack Obama speaks during an event on Monday in San Francisco. NOAH BERGER/THE ASSOCIATED PRESS

Democrats fret as Obama's campaign stalls

Debate hangover. Dismal poll results have longtime party leaders worried as Romney makes gains with traditional base

It's more than U.S. President Barack Obama's lacklustre debate performance that has some Democrats on edge a month from Election Day.

Party loyalists, in Washington and in battleground states, are fretting that Obama's campaign has been slow to rebound after Republican Mitt Romney's commanding debate. They're worried that the Democratic ticket isn't aggressive enough in blocking Romney's post-debate pivot to the political centre. And they fear Romney's new effort to show a softer side gives the Republican nominee an opening with female voters, who are crucial to the president's re-election prospects.

"I'm not feeling very positive," said Awilda Marquez, a prominent Democrat in Colorado. "I know that it's only the first debate, but he can't seem to change the relentless negative coverage. Romney has been able to take control."

Obama's campaign says it's sticking to its homestretch plan and doesn't expect major strategy changes. But nevertheless, the president and his aides are seeking to reassure anxious Democrats that key factors are still in their favour.

"By next week, I think a lot of the hand-wringing will be complete because we're going to go ahead and win this thing," Obama said in an interview with radio host Tom Joyner. THE ASSOCIATED PRESS

Both candidates talking tough as debate looms

Republican presidential candidate Mitt Romney tried to win Ohio voters Wednesday by promising new jobs, while U.S. President Barack Obama urged his supporters to stay focused even though he admitted he lost his first debate because he said he "was just too polite."

Romney was spending a second day in Ohio Wednesday, a must-win state, as he tries to build on a shift in momentum that has him closing in on Obama after the incumbent's dismal performance in last week's debate.

"I think it's fair to say we will see a little more activity at the next one," Obama said in a radio interview as he looked forward to the second of three debates planned for later this month.

New Jersey Gov. Chris Christie, left, introduces Mitt Romney during a stop Wednesday in Mount Vernon, Ohio. TONY DEJAK/THE ASSOCIATED PRESS

With polls showing the close race drawing tighter, voters still say the U.S. economy is uppermost in their minds as the Nov. 6 election moves into its final month.

The Romney campaign has new hope that they can win over working-class voters after his sharp debate performance last week. A new CNN poll showed Obama leading Romney 51 per cent to 47 per cent among likely Ohio voters, depicting a tighter race. THE ASSOCIATED PRESS

Bomb-making items found after anti-terror probe

A hooded French police officer leaves a building where authorities discovered bomb-making material after a breakup of a suspected terrorist cell last week, in Torcy, east of Paris, Wednesday. THIBAULT CAMUS/THE ASSOCIATED PRESS

France. Recovered materials like sulphur, potassium nitrate linked to terror cell suspected of attack on kosher grocer

French police discovered bomb-making materials in an underground parking lot near Paris as part of a probe of an "extremely dangerous terrorist cell" linked to an attack on a kosher grocery, a state prosecutor said Wednesday.

Interior Minister Manuel Valls said some of the 12 suspected cell members arrested over the weekend appeared to have plans to go to Syria to fight in its civil war. Valls, quoted in an interview posted Wednesday on the website of Paris Match magazine, said some had "unquestionably" spent time in Tunisia and Egypt. He did not elaborate.

Paris prosecutor Francois Molins said the discovery of the bomb-making materials late Tuesday in Torcy, east of the capital, led authorities to invoke a rarely used legal clause to allow them to extend questioning of the 12 suspects by a day, possibly two.

Authorities have been on high alert for possible terror attacks by radical Islamists after a Frenchman who claimed links to al-Qaida shot and killed three Jewish children, a rabbi and three paratroopers in southern France in March.

A counterterrorism official, speaking on condition of anonymity because he was not authorized to speak on the matter, said authorities were working to try to verify a possible link to Syria.

The case amounts to one of the biggest breakups of a suspected Islamic terror cell in years in France, and the international link revived memories of the height of the Iraq war in the mid-2000s — when counterterrorism authorities dismantled a string of feeder cells that sent or plotted to send fighters to join the combat against U.S.-led allied forces there. THE ASSOCIATED PRESS

Quoted

"We haven't slept for the three days since they arrested somebody here."

Jacqueline Pierre-Brebois, resident of the building where explosive items were found.

England

Did terrorist suspects hold journalists captive?

British police are investigating Wednesday whether a man and woman arrested on suspicion of supporting terrorism offences in Syria were part of a group that held two veteran journalists hostage in Syria in July.

The abduction of the photographers highlighted concerns that British Muslims might be slipping into Syria to join extremists. Both said after their ordeal that some of their captors spoke with British accents. THE ASSOCIATED PRESS

Airport. Man silent on suitcase full of weapons

A man arrested at Los Angeles International Airport wearing a bulletproof vest and flame-resistant pants is not co-operating with federal officials working to discover why he was headed to Boston with a suitcase full of weapons, authorities say.

Yongda Huang Harris, 28, was taken into custody recently during a stopover on a trip from Japan when U.S. Customs and Border Protection officers reported noticing he was wearing the protective gear under his trench coat, triggering a Homeland Security investigation.

A search of Harris's checked luggage uncovered numerous suspicious items, including a smoke grenade, knives, body bags, a hatchet, a collapsible baton, a biohazard suit, a gas mask, billy clubs, handcuffs, leg irons and a device to repel dogs, authorities said.

Harris has not co-operated with authorities attempting to interview him, according to a U.S. official who spoke on condition of anonymity to discuss an open investigation Tuesday.

The official said Harris, who was taken into custody Friday, is not believed to be linked to a terrorist organization. His motive, however, has not been determined. THE ASSOCIATED PRESS

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It's a go — or is it? Skydiver sets new date with destiny

Sunday or Monday. But will Mother Nature allow intrepid Felix Baumgartner to make a 37-kilometre supersonic free fall?

Felix Baumgartner was all suited up before his mission was postponed on Tuesday. THE ASSOCIATED PRESS

He's ready for a supersonic free fall. But will Mother Nature let him?

Extreme athlete Felix Baumgartner hopes to make a second attempt to achieve a 37-kilometre skydive over New Mexico on Sunday or Monday.

Baumgartner aborted his mission Tuesday due to high winds. His team had hoped the weather would allow him another try Thursday.

But now they're looking at the next window being Sunday or Monday.

Baumgartner is hoping to become the first skydiver to break the sound barrier by jumping from a capsule floated into the stratosphere by an ultra-thin, 55-storey helium balloon.

The balloon is so delicate it can take off only if winds on the ground are two miles per hour or less. Baumgartner is disappointed "like the rest of us" but is taking a couple of days of critical downtime, his high-performance athletic trainer, Andy Walshe, said Wednesday.

Team meteorologist Don Day noted during a media briefing at the Roswell launch site that weather delays are common in stratospheric ballooning.

"It takes a lot of patience," said Joe Kittinger, a former Air Force captain whose free-fall record Baumgartner is trying to break.

In his 1960 jump, Kittinger reached 614 m.p.h., or Mach 0.9.

Baumgartner, a former military parachutist from Austria, hopes to reach 690 m.p.h., — or Mach 1. THE ASSOCIATED PRESS

Two killed in deadly cascade of concrete

"It fell to the ground like a house of cards." That's how eyewitness Victoria Buczynski described the collapse of a parking garage under construction at a community college in Miami on Wednesday. Two people were killed and two others were trapped in the rubble — here, being surveyed by a rescue worker. One person was pulled from the debris, but there was too much concrete around to immediately rescue the other one, who was being treated by a doctor and a paramedic. At least 10 other workers were injured. LYNNE SLADKY/THE ASSOCIATED PRESS

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She's got the look

Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C. JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight ice time? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes – ahhhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhh!

METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks

SUZANNE MA
vancouver@metronews.ca

ICE 604 founder and commissioner Herb Lee, right, has turned his childhood love of hockey into a full-time job. SUZANNE MA/FOR METRO

Herb Lee was eight years old when he first stepped on the ice. He recalls shuffling his sneakers across a drafty indoor rink, and taking hold of a hockey stick in his little hands.

"It was just the biggest rush," Lee recalled. "I knew this was going to be my favourite sport."

Lee, now 35, is the president and commissioner of Ice 604 — an adult hockey league in Vancouver with 150 teams and over 3,000 players ranging from 19 to 60 years of age.

He founded Ice 604 in 2004 after regular games of pick-up hockey with friends morphed into a makeshift league, with as many as six teams playing every week. Six teams soon became 22 teams, and the league just kept on growing.

For players like 29-year-old Daryl Ee, Ice 604 is a chance to spend precious time with friends after a long day's work.

"It's hard to find time these days to hook up with friends," he said. "Pretty much the only time I see them is when I play hockey."

And while Ice 604 has been around for eight years now, the league continues to attract beginners. Lee said it's a sign that many adults are eager to get into the sport.

"Each year we seem to lose the skill teams and we gain a lot of newbie teams," said Lee. "So the league's level is actually going lower and lower but expanding at the same time."

Ice 604 teams have ice time at Burnaby Lake, Bill Copeland and 8 Rinks in Burnaby; North Shore Rinks in North Vancouver; and Poirier Sport and Leisure Complex in Coquitlam.

Online
For more, visit metronews.ca

Didn't play as a kid? At Ice 604, rookies of all backgrounds flourish

When 19-year-old Preet Baidwan showed up for his first-ever hockey game earlier this year, he was relieved to see other South Asian faces on the ice.

"You already have something in common. The ice was already broken on the first day," said Baidwan, who recently signed up to play on a team in Vancouver's Ice 604 league.

Well over half of the 3,000 players in the league are of Asian heritage — and most of them are rookies, said founder and commissioner Herb Lee.

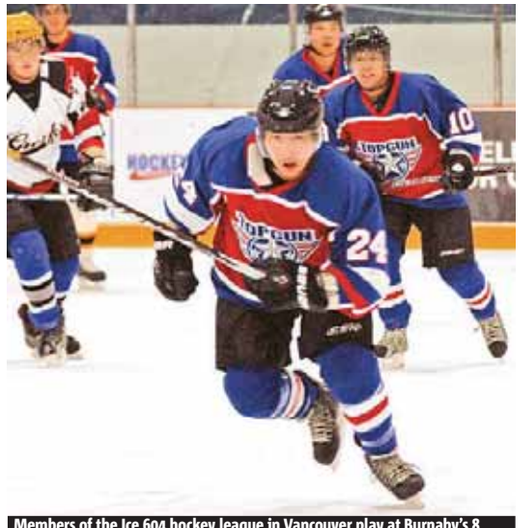
While players come from a multitude of backgrounds, Ice 604's focus on beginner hockey seems to have attracted Asians who might not have had the chance to get on the ice as children.

"When they are new to the sport, (the Asians) can't really compete with the Caucasians that grew up playing hockey," Lee said.

"They're generally bigger than the Asians so someone that has no experience ... they would just be too intimidated or they just can't keep up."

Baidwan agreed. "Being a rookie, I was really intimidated by seeing so many guys on the ice that were much, much better than me. But (at Ice 604) I was put around guys who really ... helped me adjust and we're winning games."

SUZANNE MA/FOR METRO



Members of the Ice 604 hockey league in Vancouver play at Burnaby's 8 Rinks. COURTESY OF ICE 604

Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Rink rage

Mr. D's not just another pretty face in beer leagues

Gerry Dee, an award-winning comedian who has a new book out and is set to go on tour, says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom Mr. D, runs the risk of going on camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really — my face and my voice," says Dee after recalling some of the bumps and bruises he's racked up over the last decade.

It's bound to happen. When adrenaline's pumping in a rink chock full of men, injuries and minor scuffles tend to happen. Dee says one incident he recalls most was a fight with Metro's photo editor Dave Starrett a few years ago.

Tempers flared, a fight(or altercation, as Starrett stresses) ensued.

"I remember being able to pull his helmet around his face. And, it was funny, he was screaming, 'Not my face! Not my face!'" says Starrett. "I remember that more than anything else in this whole event."

Dee ended up rushing to an emergency dentistry clinic to fix a loose tooth that was "hanging by a thread" before going home with a swollen lip and all the less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Besides trying to save his tooth, nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess. Now I've got a TV show — I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face. It doesn't always mean it's a fight. It could be from a stick or puck," he says. "It's not the end of the world. It's Canada — we're used to it.... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards, as I've had happen." **PHOEBE HO/FOR METRO IN TORONTO**

Sacrificing Z's for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term-nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay.

JOHN MATISZ/METRO IN LONDON, ONT.

The Vancouver Canucks' Henrik Sedin

RICH LAM/GETTY IMAGES FILE

Ice time for all

$6.1M

Henrik Sedin's $6.1-million salary buys you 30,500 hours of rink time at Burnaby's 8 Rinks.

Psyched to win

Four Ice 604 hockey rituals

1 Some players keep their beards and do not shave until the team loses.
2 Goalies will tap their goal posts after a good save.
3 Some players go commando and wear only a jock strap underneath their equipment.
4 Some players burn a mix CD to pump themselves up before each game.

SUZANNE MA/FOR METRO

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

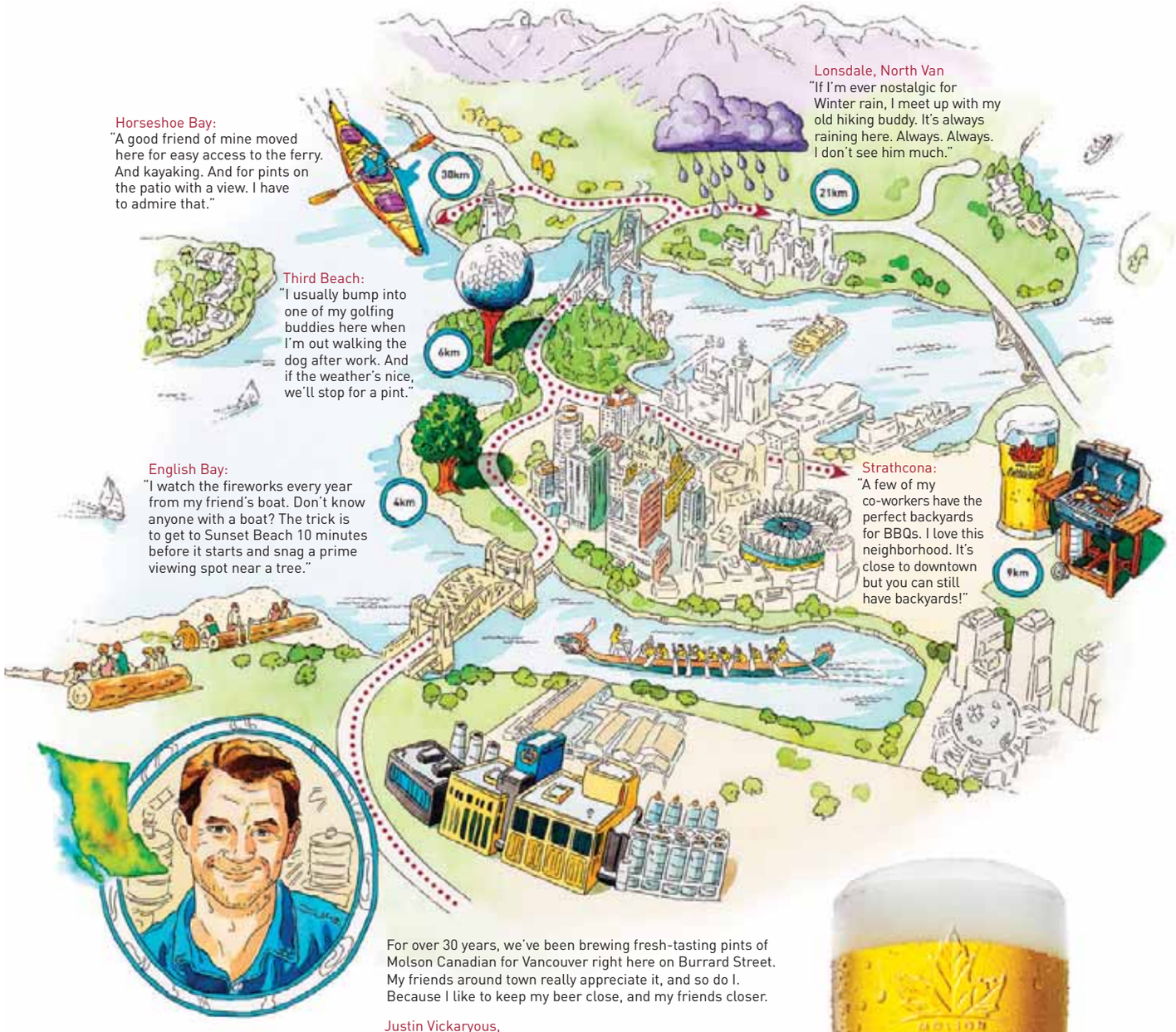
And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net."

DARRIN BAUMING/FOR METRO IN WINNIPEG

Trevor Lamoureux said he became a goalie after inheriting the equipment.

DARRIN BAUMING/FOR METRO


Horseshoe Bay:
"A good friend of mine moved here for easy access to the ferry. And kayaking. And for pints on the patio with a view. I have to admire that."
30km
Lonsdale, North Van
"If I'm ever nostalgic for Winter rain, I meet up with my old hiking buddy. It's always raining here. Always. Always. I don't see him much."
21km
Third Beach:
"I usually bump into one of my golfing buddies here when I'm out walking the dog after work. And if the weather's nice, we'll stop for a pint."
6km
English Bay:
"I watch the fireworks every year from my friend's boat. Don't know anyone with a boat? The trick is to get to Sunset Beach 10 minutes before it starts and snag a prime viewing spot near a tree."
4km
Strathcona:
"A few of my co-workers have the perfect backyards for BBQs. I love this neighborhood. It's close to downtown but you can still have backyards!"
9km

For over 30 years, we've been brewing fresh-tasting pints of Molson Canadian for Vancouver right here on Burrard Street. My friends around town really appreciate it, and so do I. Because I like to keep my beer close, and my friends closer.

Justin Vickaryous,
Vancouver Brewmaster for Molson Canadian

LONG DISTANCE RELATIONSHIPS NEVER WORK OUT.

THAT'S WHY WE BREW PINTS OF MOLSON CANADIAN (RIGHT) HERE IN VANCOUVER.

CHEERS FROM BURRARD STREET. MOLSON CANADIAN. MADE FROM CANADA.

Print still rules in Canada, but ebook sales are surging

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the non-profit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional book stores.

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- **Buying both.** Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

The trends are outlined in a first-of-its-kind report by BookNet, which is based on several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

When it came to where purchases were made, only about one-third were in book stores.

About 27.5 per cent of purchases were online and about 30 per cent were at non-book retailers, including big-box stores and grocery stores.

THE CANADIAN PRESS

Book rewrites Netflix's origins

Netflix CEO Reed Hastings, posing in this 2008 file photo at Netflix headquarters in Los Gatos, Calif., is probably hoping a new book about Netflix's early history never gets made into a movie. Netflixed: The Epic Battle for America's Eyeballs, written by veteran journalist Gina Keating, is set to go on sale Thursday. The book captures Hastings' vision, focus, charisma and chutzpah — but readers also will be introduced to a cold-hearted side of Hastings that never surfaces in his public appearances or in the many interviews that he has done with reporters during his 14-year tenure as Netflix's CEO. THE ASSOCIATED PRESS FILE

Online shopping

EBay unveils redesign

EBay has redesigned its website to encourage visitors to browse and collect items they might want to buy later with something it calls the "feed." The feature, reminiscent of popular sites like Pinterest, shows users items based on things they purchased or clicked on. THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.97¢ US (-0.22¢)

TSX 12,212.42 (-61.15)

OIL $91.25 US (-$1.14)

GOLD $1,765.10 US (+10¢)

Natural gas: $3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

New poll. Canadians carrying less debt compared to 2011, RBC survey suggests

More Canadians are living debt-free this year compared to 2011, a new poll suggests.

The annual RBC survey found that 26 per cent of Canadians had no personal debt — excluding mortgage debt — in 2012, up from 22 per cent last year.

However, the poll found that on average Canadians are carrying $13,141 in non-mortgage debt, up $84 from last year.

Ontario residents were carrying the heaviest load at $15,361 while Quebecers had the least at $10,171.

Some 40 per cent of respondents said they were comfortable with their current debt level, down from 45 per cent last year.

And one in three said their debt levels are a source of anxiety — up slightly from 2011.

Richard Goyder, vice-president of personal lending at RBC, says it's "encouraging that the results show more Canadians have become debt-free over the past year."

The poll also found a majority of respondents — 51 per cent — said it's more important right now to pay down debt rather than save and invest for the future.

And 76 per cent said they're in better financial shape than their neighbours.

Finance Minister Jim Flaherty and Bank of Canada governor Mark Carney have repeatedly warned Canadians about borrowing too much and identified household debt as a key risk to the economy.

The International Monetary Fund also raised concerns in a report this week about the amount of borrowing in Canada and how it could affect the economy.

Canadian average household debt, which includes mortgage debt in relation to disposable income, rose to a record 152 per cent at the end of 2011.

The online poll of 2,041 Canadian adults was conducted from July 27 to Aug. 2.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS

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PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11

PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

They face unique barriers to survival and development simply because they are girls. In many cases they are denied food, they are forced to drop out of school, and they are vulnerable to violence and discrimination.

Yet, research shows that when girls are educated, nourished and protected, they are a powerful force to help society develop as a whole. When you help girls, they can pull themselves, their families and their communities out of poverty to change the world for everyone.

PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights. This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

STANDING UP FOR GIRLS' RIGHTS

PLAN CANADA PHOTO

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about $8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today, Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled in school, but her parents couldn't afford university.

PLAN CANADA PHOTO

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

OCTOBER 11TH IS THE DAY WE STAND UP FOR GIRLS' RIGHTS GLOBALLY.

AROUND THE WORLD...

Girls are 3 times more likely to be malnourished than boys.

70,000 girls under 18 are forced into marriage every day.

75 million girls are denied an education.

Just because they're girls.

AND YET...

When you feed a girl, she'll feed all those around her.

When you educate a girl, she'll share her knowledge with everyone she knows.

When you invest in a girl, she'll break the cycle of poverty.

Empower girls, and they'll change the world.

Inspired by Plan Canada's **Because I am a Girl** movement and thousands of Canadians, the United Nations has declared **October 11th International Day of the Girl**, a day to recognize girls' rights globally. Help give girls a voice, a chance, a future.

Girls are the **ANSWER**, and so are **YOU**.

Plan Because I am a GIRL.ca

Go to **BECAUSEIAMAGIRL.CA**

girl Confidential exclusively at Sears smartwater BIRKS

TRAVEL BLUES? TAKE A SEAT

HE SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas? It's like complaining that you ate too many pies or that you got a paper cut on a $100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

What I want/what I deserve

"It slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please."

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got *Mac*-Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.

The window seat: One last opportunity to take for granted the sights you'll soon be pining for when you're back at home. ISTOCK

Pumpkins flourish amid drought

SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa. N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's $6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. THE ASSOCIATED PRESS

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.
- **Economy.** Tourism generated about $566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

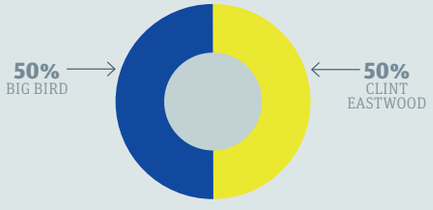
Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee- to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said. THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@SChandraHerbert: Today we launch the Vancouver Rent Bank, a homelessness prevention tool. In just over a year we've gone from concept talks to action.

@JustinSociety: CANADA! Are you ready to #BELIEVE? @justinbieber will be performing in Vancouver tonight!

@PerfectlyZiam: Aw aw Justin is in Vancouver..

@AkvileEagle: Dear beliebers going to the #BELIEVEtour in Vancouver tonight! Please cheer him up at the m&g and be loud in the crowd for him :)

@JessicaWesson: Realizing Justin Bieber is in #Vancouver put a smile on my face today

@kiltmonkey: I found out yesterday that another ex-coworker is leaving Vancouver for Montreal. The city's game industry continues to bleed talent.

metro

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Producer values power of perseverance over aptitude

Jonathan Lee. Vancouver-based Lee has already worked with the likes of T-Pain and Lil Wayne, but he's kicking his musical dreams up a notch with a move to N.Y.C.

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Vancouver music producer Jonathan Lee is heading to New York City. HANDOUT

Does tenaciousness trump talent? Local music producer Jonathan Lee seems to think so. But no matter. It sounds like Lee's got both. Over the last seven years he's collaborated with the likes of Lil Wayne, Young Jeezy, Tech N9ne, T-Pain and more. From mixtapes to remixes, this singer, songwriter, musician and all-around entertainer is ready to take his craft to the next level.
Meet Jonathan Lee:

Readers are familiar with what the writer and singer does on a track/album, but some might not be as familiar with what a producer does behind the scenes. Can you shed a little insight for us?
There are many different breeds of producers. Not one is the same or has the same past and not one is lesser or greater than the next, but you can think of it as a sliding scale.

One is a producer that dictates the direction and overall quality control of a song. They give the yay or nay when it comes to musical choices. Ten is the ultimate hands-on producer. They do all of the above but can also write, sing, play instruments, record the song, mix the song, basically fill in the musical gaps when needed.

Every producer fits somewhere on that scale and their role on one project may be different the next.

The common denominator between all great producers is they do absolutely everything in their power to make the song a hit.

How tough is it to work as an artist in Vancouver?
It's as tough as you make it. I think that as long as the inspiration is there and you have a functional studio to work out of, pursuing musical artistry is pretty universal. You need a room to work out of, speakers, some form of melodic and/or rhythmic instrument, a microphone and some way to record it.

We all know how tough this business is. Let's get beyond talent — what personality traits are going to help fulfill your artistic dreams?
Talent is overrated. Bottom line — to chase the musical dream you have to really love music.

Through the years, I've seen so many people involved in music give up or all-out quit because they didn't love music enough to keep them in the game when things were looking bleak.

I think artistic dreams are constantly evolving and ever-changing. You have to be willing to push the limits and look at this entire process as a never-ending learning process. It helps if you have a sense of humour.

You're heading to New York soon. What's on the agenda?
I will be blessed with the opportunity to do what I've been working toward for the last several years, which is to write songs and produce in a setting where trends are set and where big business deals are brokered daily.

I'll be in a place where days with no sleep are encouraged and not frowned upon.

I'll be in a place where people will be blunt, to the point, and extreme go-getters.

I'll love every hour, minute, and second of it. It will be my home away from home.

TO FIND OUT MORE ABOUT JONATHAN LEE, VISIT YEAROFTHELEE.COM.

Exclusively online

To download one of Lee's new tracks for free, look up Jonathan Lee on soundcloud.com and search under the Yellow Brick Road EP.

Muse-ing on nature of life and parenthood

Matthew Bellamy of Muse says they have grown up as a band. KEVIN WINTER/GETTY IMAGES

Interview. Muse's Matt Bellamy sits down with Metro to talk about their new album, what it means and its influences

NINA ETTRUP
Metro World News

Known for their epic sound — and selling 15 million albums worldwide — Muse returns with The 2nd Law. Metro talked with front man Matt Bellamy.

How would you describe The 2nd Law?
It's a feeling of struggle throughout the album, I think. The 2nd Law is actually a rule, a law, a principle that says that everything in the world is cooling down, everything is dying. Life is interesting because it's directly against that. Life is a strange thing because it's going against what's inevitable. The album is all little struggles, whether it's relationships or the economic struggle. Struggle is what sums up the feeling of the album.

Muse has been together as a band for 18 years. Are you all grown up as a band?
We've just about gotten through the moody teenage years, I think (laughs). Now we're coming into maturity, hopefully. It's a good feeling. I like that all of us are very open. Rock bands can be … they like to set rules for themselves — 'we can't do pop' or 'we can't do dance' — and we've broken a lot of those rules. I find it very enjoyable to be making music now that 15 years ago I would have said 'no' and 'never!' to.

You've got such huge fan base and always get good reviews. Why change what works?
Because it becomes boring if things don't change in any situation … Everyone enjoys looking for something new, and the process is to give anything a go. To not be afraid of anything and to not shoot anything down in the early stages. It's good to be neutral and try everything and see what happens. That's just who we are as people — always looking for change and renewal. Chris has six children — that's pretty challenging, but he must enjoy that. Tom likes to move around a lot, and I've always been a person who likes to travel a lot and experience things. It's must be in the character. I have a son now and I can see it in him too. He will always crawl out to the most dangerous area, you see that natural exploration. Maybe that's part of nature, part of who we are as creatures.

We really have grown into something different, but at the same time, the friendship and the memories we have are still there.

Has becoming a father and having your own family changed your relationship with music?
It doesn't change making music, it doesn't change writing or being on stage, but I suppose it does change the way you behave (laughs). In your 20s when you first go out on tour, you're looking for parties, you're probably a little more unstable. If anything, I think it makes you focus more on the important thing, which is the music.

Does it change the way you write?
No, I don't think so, but I find different things inspiring now.

Follow Me is quite influenced by becoming a father and a couple of other songs are more wise about relationships — definitely not knowing everything still.

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Cohen charting his own path

New album. The son of Leonard Cohen finally finding his way in the music business with his third disc Like A Man

MIKE BENHAIM
scene@metronews.ca

Adam Cohen, son of Canadian icon Leonard, has cultivated a music career all his own. His third CD, Like A Man, is profoundly gratifying.

With some perceptible symmetry, it's clear that "the son also rises" on this one. As he prepares to tour Canada, we chat about a few things.

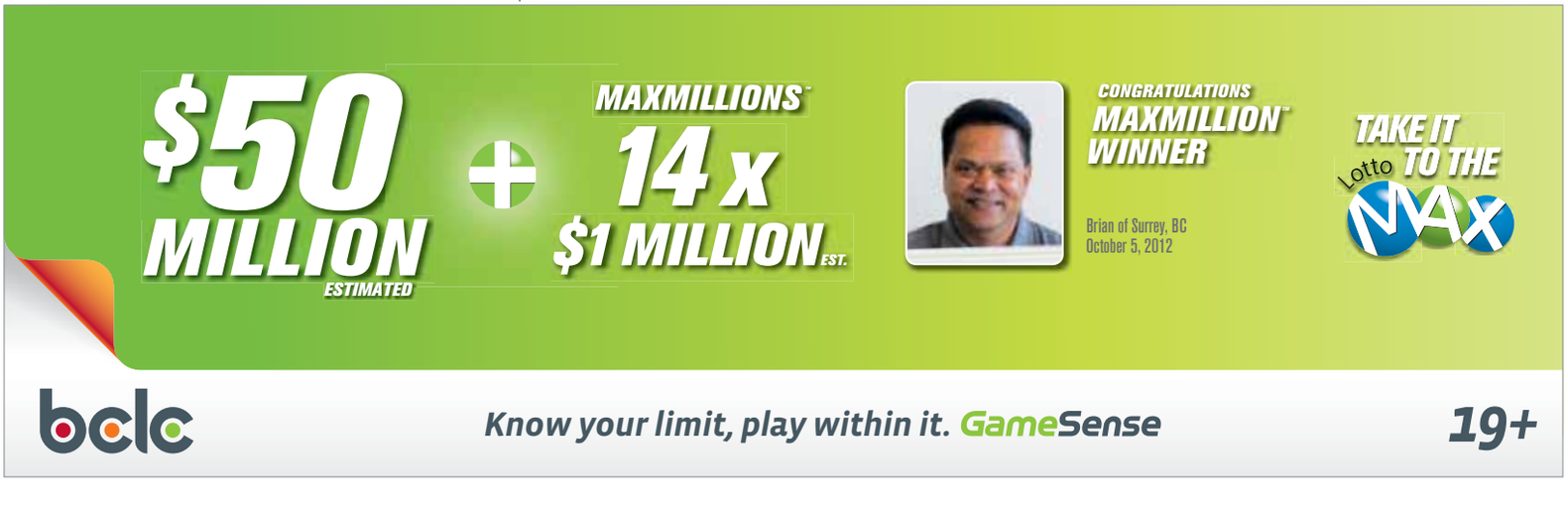
Is your mom Suzanne, the same Suzanne from the song?
My father actually wrote the song before meeting my mother, but says he wrote it to summon her.

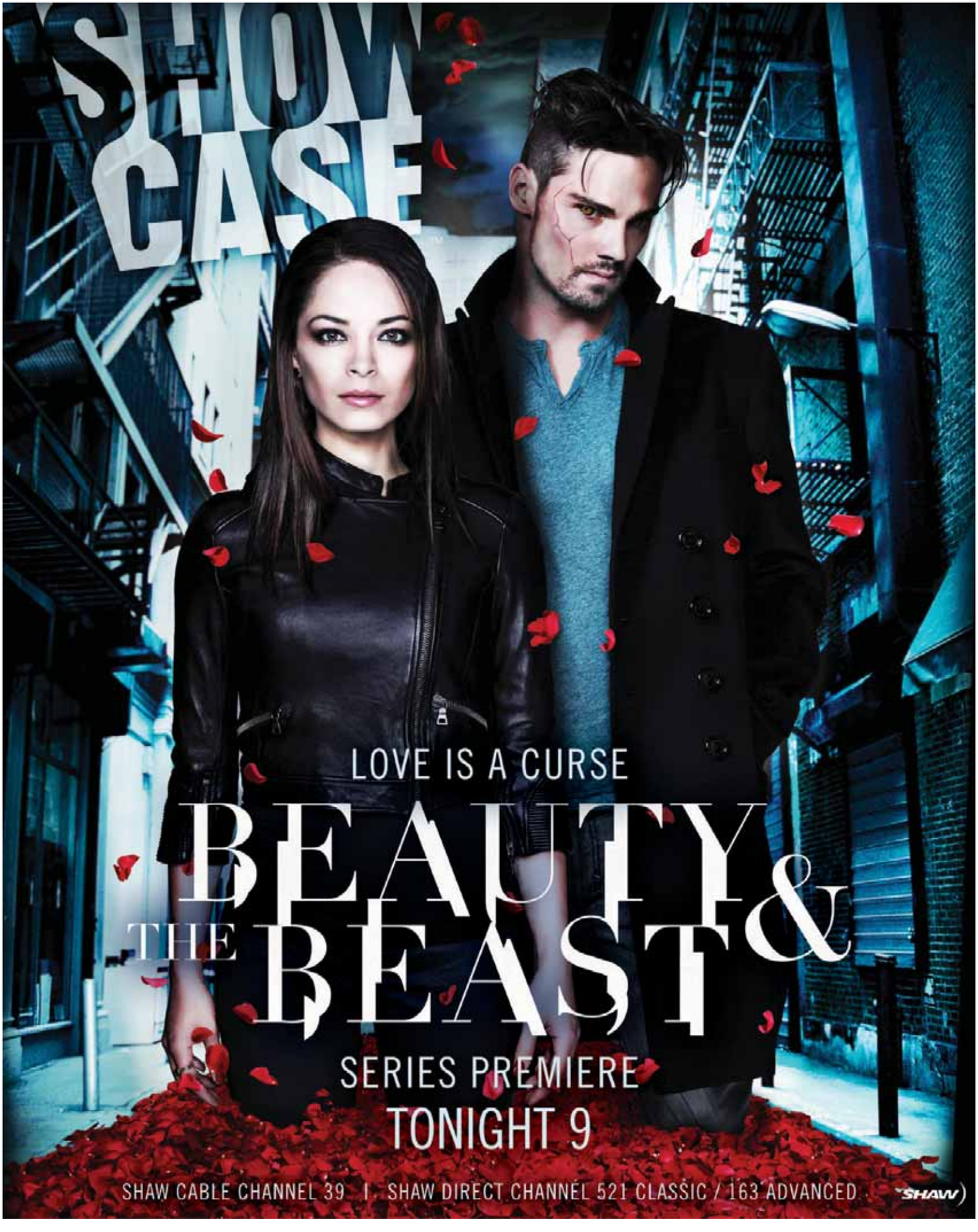
Adam Cohen is embarking on a cross-Canada tour. It starts in Vancouver on Oct. 18. SHAYNE LAVERDIERE

When did you realize you might join the family business?
From the earliest age, there's never been a plan B. I was seduced into music as far back as I can remember. You could say I caught a virus that I was never able to shake. It was less of a realization and more the following of an instinct.

The offspring of legends often run from their parents' shadows, but on this album, you embrace and even pay homage to your father. What led you there?
Three triggers lead me to the place I'm in today. The first was a sharp disillusionment with my career, which had not gone as I'd hoped, despite many chances with major labels, and kind of blowing them. Second was my father's triumphant return to the stage. Seeing him at the top of his powers in his 70s, was nothing short of inspiring.

The most important, was becoming a father myself — feeling a sense of responsibility to my name, and wanting to be Like a Man, the one I'd always wanted to be.

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Argo. Screenwriter relives trying task of turning sprawling article into film

NED ERHBAR
Metro World News in Hollywood

Chris Terrio. GETTY IMAGES

Argo screenwriter Chris Terrio took on quite the challenge in turning Joshuah Bearman's Wired article about a CIA plan to use a fake movie production to rescue embassy workers in Iran into a coherent film — one that's part spy thriller and part Hollywood satire. The secret, he says, lay in not using the entertainment industry solely for cheap laughs and making sure the blue Wookiees were believable.

How do you take such a sprawling, multifaceted story and compress into a movie?
It's sort of a classic rescue narrative, which is here's a problem, go in and here are all the complications of making the escape happen, and then the last bit is the escape happening. But that said, I spent a few months pulling out my hair and thinking how do you choose your stories? Because there are a million tributaries to the river that you could take your boat on that would be fascinating. I would've loved to tell those stories. But in the end you just look at the skeleton and just decide what bones are essential to stand up.

I'm assuming there was a script for the film they were pretending to make. It was actually called Lord of Light. Tony Mendez actually chose not to use the title Lord of Light. They re-christened it Argo for the trade ads when they announced the film was happening.

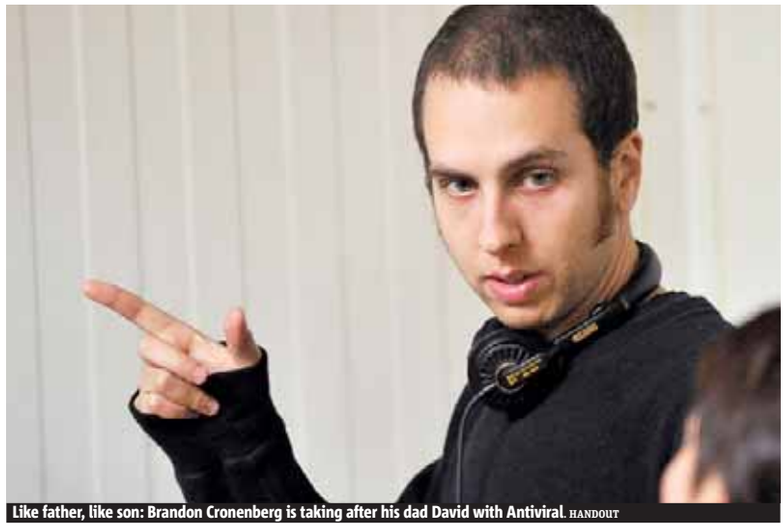
Did you get to read that script?
I didn't read it largely because I wanted to free my imagination for a completely different script. I mean, Tony told me a bit about it and the fact that it had Middle Eastern elements and it had sci-fi elements, mythological elements, but I didn't actually read it. I know it exists somewhere, and maybe Tony even has a copy. But literally I think Tony's copy might have been like the end of Raiders of the Lost Ark, sent into the CIA archives.

It's funny, like, as kids, Ben and me and you who grew up in the world of Star Wars and Raiders, those things keep popping up in the film. Even in the pillowcase and the sheet and the Millenium Falcon in Tony Mendez's son's room. Those are things that Ben and I had in our bedrooms growing up. Speaking of "Star Wars," some of the characters in the film within the film seem a tad familiar. Oh definitely. I mean, the blue Wookiee... But the other great thing about doing that scene is we had Jackie West as a costume designer, who I think is truly a genius. She managed to have the characters within the fake film look fantastical and kind of funny but never cross the line into outright parody. So that even though there's this blue Wookiee, the texture of the blue Wookiee kind of looks real. You can see that there's a man inside it. It can exist in the same world as the geopolitical reality of Iran because you feel like you're watching real people in fake costumes.

Cronenberg not sick of flu-inspired films

Antiviral. Brandon, son of David, thought of idea for movie while ill, and believes it's plausible that a crazed fan would want to carry their idol's ailment

RICHARD KRAUSE
scene@metronews.ca


Like father, like son: Brandon Cronenberg is taking after his dad David with Antiviral. HANDOUT

Caleb Landry Jones is the star of Antiviral. HANDOUT

The idea of Brandon Cronenberg's new movie sounds outlandish, but recent events suggest otherwise.

At the heart of Antiviral is the notion that in the near future fans will become so rabid they'll actually pay to be infected by celebrity diseases to feel closer to their idols. Sounds strange, but consider the statue containing John Lennon's DNA (courtesy of a Beatle molar bought at auction) by artist Kirsten Zuk or the $40,668 paid for a lock of Justin Bieber's hair.

"I always thought it was kind of plausible," he says. "A friend of mine, while I was shooting, pointed me in the direction of this YouTube video that was Sarah Michelle Gellar on Jimmy Kimmel Live. At one point she says, 'I don't want to sing because I have a cold, I don't want to get the audience sick,' and everyone started applauding like crazy. I'm sure one person in that audience would want Sarah Michelle Gellar's cold. It's certainly meant to be satirical and a cultural caricature but I think it is not that far from what already exists."

When I tell the son of famous director David about the Lennon DNA statue he says: "It's very interesting to me how obsessed people are with the physical tokens, the fetishes. John Lennon's teeth… It's so incredibly religious. It's like going into some church that claims to have the finger bone of some saint."

The idea for the film didn't come from an analytical look at celebrity culture, however. The concept occurred to him as he was laid low by the flu.

"I was obsessing over the physicality of illness and how I had this thing, physically in my body, in my cells," he said, "that had come from someone else's body and how there was a weird intimacy to that connection. After I got better I was trying to think of a character who might be able to see disease in that way and I was struck by the idea that a celebrity obsessed fan might want that kind of intimacy and it developed into an interesting metaphor."

These days Cronenberg's life is imitating his art to a degree as the film makes the festival rounds — it's played at Cannes and Toronto—and the spotlight has been turned on him. "It's sort of like being a character in my own film," he says of the attention.

"It's hilarious and also kind of uncomfortable."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies, and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of A Star is Born, according to E! News.

"I was looking forward to the production of A Star is Born and the opportunity to work with Clint Eastwood," the singer says.

"For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible.

"Hopefully in the future we will get a chance to work together," she adds.

The Word

THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins — with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right. What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.

Lindsay Lohan GETTY IMAGES

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter

@goldiehawn
A 350 lbs Bear broke in2 our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made Him dinner and given him a doggy bag!

@JonahHill
I might be the least British person alive.

@SethMacFarlane
I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.

@ConanOBrien
I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

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(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?
The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like The Krays and Four Weddings and a Funeral — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in GoldenEye, given that it was the first movie since the underwhelming Dalton era?
I looked at the various Bond films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?
My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?
Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?
Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in The World is Not Enough.

Men in skinny jeans, take note

"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."
Lindy Hemming

Did it help that Lazenby was a model?
But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you need to mention that.

Is Bond a style icon?
No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

Do you believe that his tailoring and smart casual looks are how men should dress?
I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

Was Ian Fleming a dandyish character? What influence has he had on the tailoring in the movies?
Many many of the things that they used in Sean Connery's wardrobe came from Ian Fleming and Terence Young, the first director. Both of whom were ex-military and still close enough to the military world to know what a guards officer or a naval commander would have in their wardrobe — and I'm sure that influence was huge on the Connery clothes. Of course, as the second film (From Russia with Love, 1963) and the third film (Goldfinger, 1964) came along the style of menswear and the fact that menswear had become fashionable does influence the look of Connery and Lazenby, but I feel that Ian Fleming's first idea came from his own experience of his class and the services.

The shawl collared tuxedo or those silk covered cuffs that you see Connery wearing are passed down from Ian Fleming to Connery and from the tailor of Terence Young through to Connery. But I also think that when you design Bond films you do look back and reference things. Like I used the cashmere cardigan with the shawl collar and the white or grey polo neck for a casual look, with creamy coloured trousers for Daniel Craig in Casino Royale which came directly from Sean Connery.

The evolution of the Bond girl

The role of the Bond girl has changed throughout the last 50 years. She's gone from helpless damsel in distress to a tough, self-reliant woman and agent.

- **Hemming says it's more fun to dress the modern Bond woman.** "Nearly all of the Bond women now have really good back stories," she says. "What it means as a costume designer is that it gives you a chance to explore the character. You see them develop from Bond's fancy through to villainy."
- **But they all have their moment.** When pressed about which of the Bond beauties is the sexiest, Hemming responded with a laugh. "Oh God. Let's say Ursula Andress. Let's say that because that way we won't upset anyone. Honestly, the truth is that I think she was absolutely stunningly beautiful. But so was Sophie Marceau and Halle Berry — it's really difficult because they all have an iconic moment, I think."

First Bond babe Honey Rider, played by Ursula Andress.

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- **The Man Blog.** "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's Casino Royale. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.

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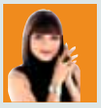

JEANNE SPACE
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@Jeanne_Beker: For @AirCanada 's 75th, I'm hosting a show of past flight attendants' uniforms. If YOU were designing one today, what would it look like?

@KirkInMontreal
with the way passengers act on planes lately, I would think attendants uniform should be #ROBOCOP -ISH

@Jeanne_Beker
That's FUNNY!

@JoHNNYBANKS
like the outfit the first ever woman to fly wore.

@Jeanne_Beker
You mean an Amelia Earhardt get-up? I suppose the retro look is always cool...

@ava_duquette
What part of fashion did you not expect before reaching your position? It's still a fantasy world for a lot of us.

@Jeanne_Beker
I didn't expect people in fashion to be so fickle. I always want to believe the best in people. But some just don't deliver.

@Jeanne_Beker: Hi ho, hi ho! The Thanksgiving farm clean-up!

The Kit

Canadian street style

Spotted in: Vancouver

Celia
Human Resources
Age: 31

What she's wearing
Joe Fresh blouse, Club Monaco trousers, Fry shoes, vintage Coach bag.

Her inspiration
"Vintage, beaten up and a little masculine."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

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Beauty and the bust

Think pink. Elizabeth Hurley and cosmetic behemoth Estée Lauder continue their fight against cancer

ELIZABETH BEDDALL
life@metronews.ca

It has been 18 years since Elizabeth Hurley decided to join forces with Evelyn Lauder, raising awareness worldwide for The Estée Lauder Company's Breast Cancer Awareness Campaign and funds for the Breast Cancer Research Foundation. She sat down with Metro to talk memories, motivation and makeup.

Can you recall a time that you saw the direct impact of these foundations on the people they aim to help?
Funny enough, it was in Toronto. I was here a couple of years ago with Evelyn Lauder and we were doing a personal appearance in the store. We often see people are going through treatment, we often meet survivors and sometimes people come to us who have just lost a loved one. I remember in this particular instance there were three girls who came up to us to have us sign their lip glosses, they were all very young, they were all under 20, and they all had bright, fun wigs on. The reason they had that is because they were going through chemotherapy. They wanted to come out to support us. They looked so fabulous and they were so brave to come out to that meeting; we never forgot those girls. I really hope they made it.

Elizabeth Hurley PROVIDED

As a celebrity you can choose to lend your name to any foundation and inevitably bring a great deal of attention to it. Why this one in particular?
Well every cause is important, but when Evelyn Lauder asked me to join this crusade it was particularly important to me because I'd just lost my grandmother to breast cancer. Since then, over the years, sadly, many of my own friends have been diagnosed with breast cancer. The fortunate thing is that in their cases they all found their lumps early and they've all survived. And I think that sort of story, is something that just keeps us going.

For this, the 20th anniversary of the BCA campaign, Estée Lauder has released a handful of products for which a percentage of the proceeds will be donated to the cause. Any items you're loving right now?
I can't help but say that there's one lip gloss in particular that I'd love to draw attention to. It's named after me. It's called Pink Innocence and it's in a very beautiful little pot. Every year Estée Lauder names a lip gloss or lipstick after me and after Evelyn. We get sent lots of colours, and this was the prettiest one so I chose it personally.

ELIZABETH'S GLOSS IS PART OF THE EVELYN LAUDER AND ELIZABETH HURLEY DREAM LIP COLLECTION, WHICH COMES WITH A LIPSTICK AND A CLUTCH. IT AND OTHER BCA BEAUTY PRODUCTS ARE AVAILABLE NOW AT THE BAY AND OTHER PARTICIPATING RETAILERS.

An incredible rate of deforestation has permitted the palm oil industry to grow at a rate of nearly 27 per cent per year. ISTOCK IMAGES

Sustainable palm oil: Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?
-Miriam, Saskatoon

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environmental challenges.

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Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently reviewing certification standards.

In the meantime, a certification is still the best bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1 Shop from companies listed in the RSPO's database of sustainable-palm supporters.

2 Look for the RSPO trademark on products.

3 Ask retailers to offer more certified sustainable palm oil products.

4 Ask manufacturers to use certified sustainable palm oil.

5 Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015.

Consumers can also find plenty of food and personal-care products that use alternative oils.

Read the labels and make your own informed choice!

Safe cleaning

Don't mix these chemicals!

I have often heard that mixing bleach and ammonia is a bad idea. But I don't know why that is. Can you please explain? Thanks Mr. Butler!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You may have already heard, but it's worth repeating: Mixing bleach and ammonia is dangerous.

This combination creates a reaction called chloramine vapor. What this does in simple terms is aggravate respiratory problems. It can cause serious damage to the lungs, going into the blood supply from the lungs and combines with red blood cells so they can no longer carry oxygen.

In addition to this and many other issues, it is also a skin irritant. If you suspect any contact, call and seek medical attention immediately. It's a very problematic combination. Do not delay seeking help.

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From hotel style to home decor

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From $150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

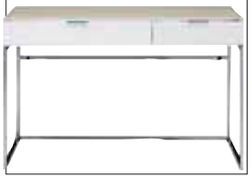
- Each floor is colour coded by carpet colour.
- All furnishings float and do not take up any visual floor space; the more floor you see the larger a space can feel.
- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.

The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, $199, BedBathAndBeyond.ca.

Light, airy and durable make for a stylish desk. Mosco Desk, $600, EQ3.com.



Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile $17 each, FLOR.com.

Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, $104, HomeSav.com.

Style inspired by quilted moving blankets. Magical Thinking Quilt, $130, UrbanOutfitters.com.

A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.

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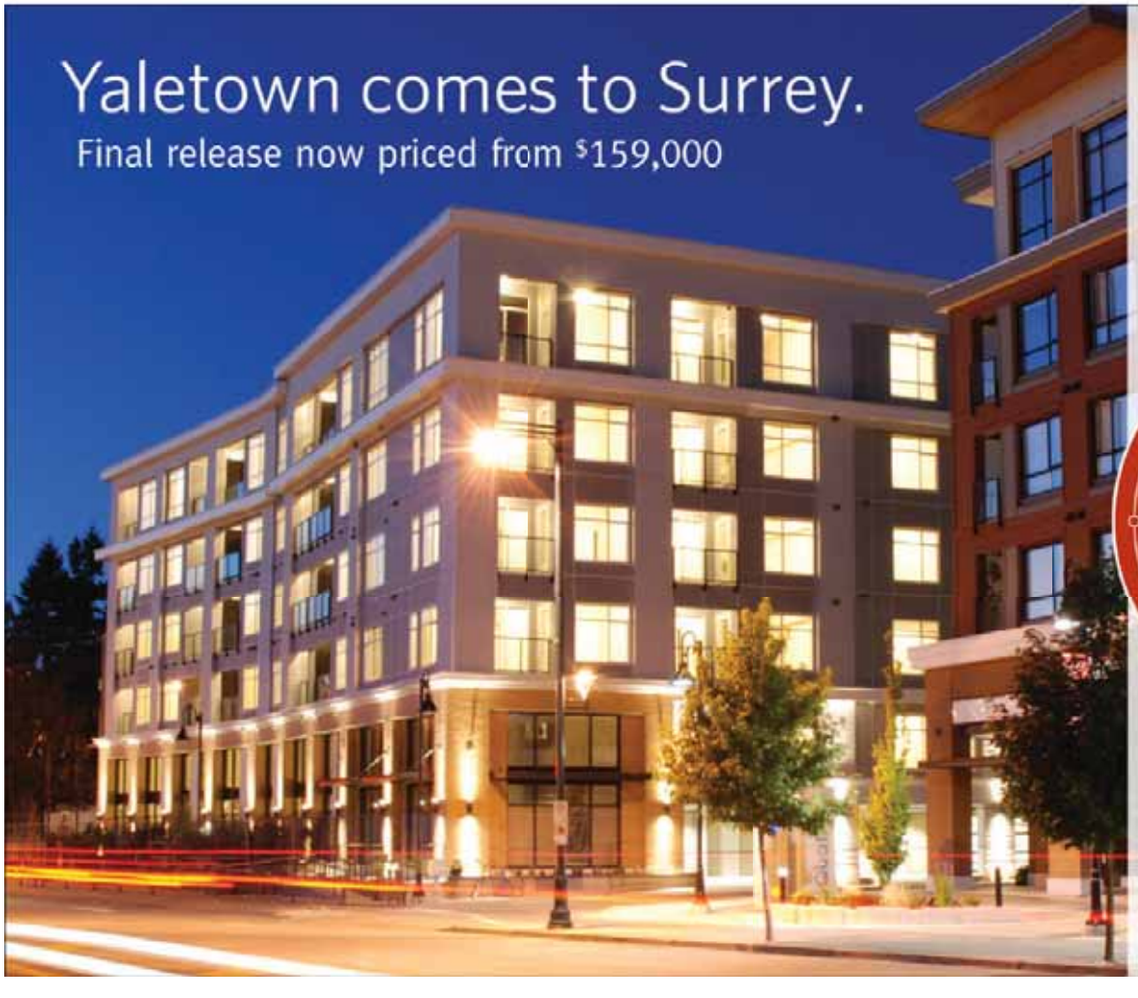

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Summer travel leaves us longing for ocean sunsets, foreign street scenes and other only-on-vacation sights. How can we hold onto some of that beauty and bring it into our living spaces?

THE ASSOCIATED PRESS

Vacation over? Bring that vibe home

Begin a collection

Interior designer Kyle Schuneman suggests picking up similar items from different places to create a collection that will grow with each vacation. "Whether it be something free, like ticket stubs from everywhere you've been together, or pottery that you can display together," he says, "incorporating these memories are what good design is all about."

"I think creating a collection in your home from your travels is such an important part of design," says Schuneman. "I actually have a chapter in my book called 'The Collector,' as I think those collections are what are so important to making a house a home." Interior designer Betsy Burnham agrees: On her family's first trip to Paris, her children bought inexpensive Eiffel Tower statues sold on street corners. "It's so corny when you're there," she says. But if you gather similar items during and after a trip and display them together, it becomes a design statement and conversation piece.

Unexpected accents

As you look through travel photos or remember favourite spots, think about the details: Maybe you saw unique, beautiful doors in a city or town you visited, Burnham says.

"How about changing your front door hardware to something that's really like a Londoner would have? It's those kinds of touches," she says, like painting a door the same colour as doors you saw on a trip, that keep a trip with you. "It becomes a conversation piece" when people visit, she says.

"For a coastal, beachy vibe," Schuneman says you can accomplish the same thing by "layering textures like a chunky sisal rug, wood tables and linen curtains. By keeping the colour palette fairly subdued with shades of blues, greys and creams, the room will work all year long but still give a relaxed and breezy environment."

And always pick up something for your home during every trip, he advises: "It could be a small accessory or a larger item like a chair, but these are really what make a room interesting."

Australian photographer Brian Patrick Flynn's love of the warm, gold-yellow Australian sun inspired the designer to paint his client's dining room in bright yellow tones.
THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

Fresh use of photos

When you return with photos from your trip, skip traditional frames in favour of something more creative.

"A great idea for displaying photos is taking some of your favourites and finding a rustic slab of wood or maybe a sleek piece of metal," Schuneman says, and decoupaging the photos in a random pattern. "For little or no money, you have a cool art piece that will forever be a memory board and can be customized to just your taste and the trip's feeling."

Choose the material based on the vibe of your destination — perhaps mount camping photos on unfinished wood or photos from an urban destination on metal. Another option is choosing "a more artistic-feeling photo, maybe a landscape or a close-up shot — and having it blown up on canvas. Interior designer Brian Patrick Flynn says another powerful way to use vacation photos is to have them printed in black and white. Against a colorful wall, the images will pop out, bringing back vivid memories.

The lush orange trees of California serve as inspiration in a client's den for designer, Brian Patrick Flynn, where he layered several shades of orange throughout the space.
THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

Locally-grown items

Flynn urges travellers to buy original, local art. Whether it depicts your destination or just captures the area's sensibility, the work of local painters and artisans can commemorate your trip and add beauty to your home.

Local art is often extremely affordable, Flynn says, "and it's a permanent story sitting on your walls. You're filling the walls and telling a story about your vacation."

Along with appreciating artistic beauty, also keep natural beauty in mind: Burnham suggests taking note of the plants and flowers you saw during your summer travel. If the climate is at all similar, try to use the same or similar plants in your own yard. "Maybe it's a topiary in a pot, something European," she says, or beach grass that evokes a sleepy seaside town you loved visiting.

When the lights go out, will you be prepared?

Don't wait until the power goes out to start thinking, "Where's the flashlight?"

Power outages are becoming a fact of life at any time of year. Recent years have seen a number of strong storms and hurricanes knock out power to suburban and rural homes.

Here's a refresher on how to be ready:

What to have

James A. Judge II, a member of the American Red Cross' Scientific Advisory Council and executive director of Lake EMS, Inc. in Mount Dora, Fla., recommends putting emergency supplies into a plastic storage bin and slipping it under your bed. That way, he said, you'll always know where to look.

He also suggests putting emergency supplies in an old suitcase with wheels. If you have to evacuate, "you have your kit on wheels," he said.

1. Food and water

Judge recommends storing one gallon of water per day per person and keeping a two-week supply. He said water will keep for about six months if not exposed to heat. He also advises keeping unscented bleach on hand in case you have to chlorinate the water.

Stock up on non-perishable, easy-to-prepare foods for the same period of time: cans of fish, meat, fruits, vegetables and soups, as well as canned or boxed milk and juice. Remember to have a hand-operated (not electric) can opener, said Kit Selzer, a senior editor at Better Homes and Gardens.

2. Flashlights and extra batteries

Check the batteries every few months, Judge advises.

Emergency preparedness experts advise against using candles because of the fire risk.

3. Medication

Put a week's supply of medication in your emergency kit; you may need it if you're evacuated. And don't forget a first aid kit.

4. Personal papers

In case of evacuation or damage to your property, it's helpful to have copies of important papers like birth certificates or insurance policies with you.

5. Miscellaneous

Don't forget cellphone chargers, which you can use if you find a neighbour, library, coffee shop or other spot that has power and lets you plug in.

Car chargers also can be helpful if you have to evacuate. Keep some cash on hand; ATMs need power, too, and you won't be able to withdraw funds from them if the bank also has been hit by the power outage.

Tommy Williams of Pensacola, Fla., installs a bolt on a power line pole as his crew repairs downed power lines after a severe storm. Experts recommend putting emergency supplies into a plastic storage bin and slipping it under the bed in the master bedroom. That way you'll always know where to look.
CLIFF OWEN/THE ASSOCIATED PRESS FILE

And to keep up with what's going on, Judge recommends a battery-operated radio and perhaps a NOAA weather radio, both with batteries. A multipurpose tool also might be handy.

What to do

Turn off and unplug appliances, computers, televisions and other electrical equipment so they won't be damaged by any power surges that might occur while power is being restored.

Avoid opening the refrigerator or freezer.

Generally, food in the refrigerator will stay cold enough for four hours, while food in the freezer will remain frozen for 48 hours in a packed freezer or 24 hours in one that's half full. If it's in the middle of winter, consider burying food in the snow or putting it in the car to keep it cold. Foods like eggs, mayonnaise, leftovers and soft cheeses are among the fastest to spoil, Selzer says.

"If you have food exposed to temperatures above 40 degrees or more it might not be safe to eat," Judge said. Use your thermometer to check.

Also, make sure you have gas in your car. You won't be able to fill up if gas stations are affected by the blackout.

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Orange is warming up homes this fall

A neutral master bath brightened with a vintage, Chinese burnt orange garden stool. THE ASSOCIATED PRESS/BETSEY BURNHAM/BURNHAM DESIGNS

Colour tips. By using it creatively and carefully, orange can be a popular fall colour indoor and out

Leaves are changing and pumpkins are appearing on doorsteps around the country. As vibrant shades of orange fill the outdoors, they're also becoming increasingly popular inside.

Upholstery fabrics, paint colours, furniture and accessories that range from neon orange to tangerine to terra cotta are getting attention this season.

But orange isn't for everyone. When interior designers suggest decorating with orange, clients can get nervous. Designer Kyle Schuneman often eases homeowners into using orange by suggesting variations on it.

"The idea of orange can sound juvenile and unsophisticated," Schuneman says. "But if you go with umbers, burnt bricks or terra cottas, you can sell a client on the idea much easier." Here, Schuneman and designers Brian Patrick Flynn and Betsy Burnham offer tips on decorating with the colour orange and avoiding the pitfalls of using it badly.

How much to use?

Orange can be overpowering as the main colour in a room. But, like red, it works brilliantly as an accent colour.

"I don't suggest painting your walls orange," Burnham says. "But maybe there's an orange in the print on your pillows."

It can be casual ("maybe you bring in a garden stool that's bright orange"), or chic and sophisticated ("think of Hermes orange, those shopping boxes"), she says. In a bedroom with muted, grey-blue walls, Burnham opted to add lacquered end tables in a rich shade of orange.

Orange paint can also be a great way to spruce up a dated piece of furniture.

"Think about painting a great old chest of drawers a beautiful shade in a high gloss," Schuneman says, "and changing out the knobs to really special crystal knobs to make a statement piece in a room."

Which shades are best?

All three designers like earthy burnt orange tones that are almost as brown as they are orange.

"With a burnt orange, you'd be surprised what the paint chip looks like," Burnham says. "It looks more like a brown. But you paint a piece of furniture that colour, and it reads orange. It does what it's supposed to do — it brings some whimsy."

Flynn also likes using red-orange, "ideal for more youthful or edgy rooms."

The style of your home may help determine which shades you choose, says Schuneman. "Terra cotta is a beautiful backdrop for a traditional or retro feeling space, while pops of a more neon orange could be really fun for a modern space."

Whatever tone you choose, Schuneman suggests testing a sample if you've decided to take the plunge and paint with orange.

Where does it work?

Orange can look good anywhere in your home, but these designers say it's especially beautiful for bedrooms.

"Orange is my favourite choice for kids' rooms, because it's totally gender-neutral," Flynn says. "My favourite combo for a kids' space is tangerine and white. It's clean and classic."

Schuneman agrees: "I love a warm shade of orange for a bedroom. My last bedroom was a burnt brick. It felt so warm and cozy," he says. "It really works well with dim lighting at night, but also can invigorate you to wake up in the morning."

Burnham is using orange and white gingham print draperies, along with navy blue and dark denim upholstery, to decorate the bedroom of a pre-teen boy. "It's boyish, but sophisticated," she says. "Not over-the-top country or anything. Sort of preppy."

What goes with orange?

"I love pairing grey with orange," Schuneman says. "It immediately amps up the hip factor and brings it into a contemporary setting. It works well because grey has a cool base, where orange is warm. So the balance really creates harmony in a room."

Along with pale greys and deep charcoals, orange also goes well with dark and light blues and also browns, taupe, cream or white.

What to avoid?

"I find yellow-orange the hardest to work with," Flynn says, "because it's very limited in accent colour choices." Burnham agrees, saying it's best to avoid "that school-bus orange."

If you're going with a bright orange, just be sure you'll enjoy it long-term.

Edgy, bright shades are "really going to pop and give your room some personality," Burnham says. But "a little goes a long way," and what's hot today may quickly go out of style.

"Like any trend," she says, "use it sparingly."

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Brian Patrick Flynn mixes patterned wallpaper and patterned curtains, both featuring the same shade of red-orange. THE ASSOCIATED PRESS/BRIAN PATRICK FLYNN

Bringing the ancient and exotic cuisine of the Middle East to 2012

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in Modern Flavors of Arabia, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that.

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

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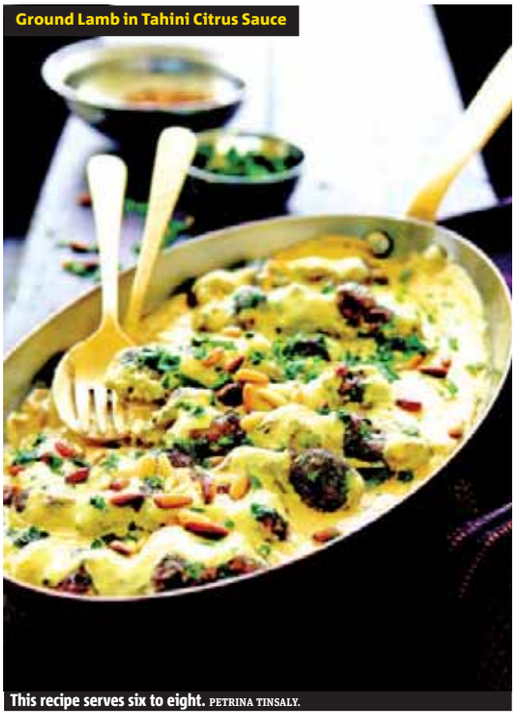
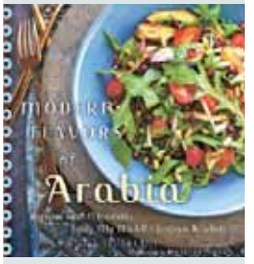
Ground Lamb in Tahini Citrus Sauce



This recipe serves six to eight. PETRINA TINSALY.

Cookbook of the Week

Modern take on Middle East dishes



Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish.

METRO

Braised Green Beans and Tomatoes. Vegetarian side dish for rice or meat

This recipe serves four to six. PETRINA TINSALY

"This is a beautiful vegetarian dish best eaten at room temperature or even cold straight from the fridge," writes Suzanne Husseini in Modern Flavors of Arabia.

"It makes a perfect side dish with rice or meat. Traditionally it is eaten ... by pinching morsels with pita bread. The braised whole garlic is a sweet surprise."

1. In a large frying pan, heat the olive oil and sauté garlic and onions until soft. Add the green beans and stir well (beans will turn a deep green). Cover and continue cooking for 5 minutes.

2. Remove lid and add chopped tomatoes, cloves of unpeeled garlic, tomato paste and sugar. Season with salt and pepper. Lower heat, cover, and allow to simmer for 30 minutes until sauce thickens and beans are tender.

Ingredients

- 1/2 cup olive oil
- 12 cloves garlic, sliced thin
- 2 onions, chopped
- 4 cups green beans, cut diagonally
- 4 cups chopped tomatoes
- 1 head of garlic, cloves separated, unpeeled
- 2 tbsp tomato paste
- 1 tbsp sugar
- salt and pepper

Tasty layers of Lemony Garlic Chicken with Rice & Yogurt

1. Split each pita into 2 rounds and cut into bite-sized squares. In a large frying pan heat the peanut oil and fry the bread squares until crisp and golden. Drain on absorbent paper and set aside.

2. In a bowl mix the yogurt and mashed garlic and salt to make a sauce and put aside.

Ingredients

Croutons
- 2 large pita breads
- 1/4 cup peanut oil

Yogurt Sauce
- 3 cups full-fat yogurt
- 2 cloves garlic, mashed
- sea salt

Chicken Layer
- 10 cloves garlic, mashed
- 1 whole chicken (2 lb)
- salt and pepper
- 2 tbsp peanut oil
- juice of 3 lemons

Rice Layer
- 3 tbsp clarified butter
- 2 cups short-grain white rice, presoaked, drained
- 1/2 tsp turmeric
- sea salt
- 4 cups water

- 1/4 cup each toasted pine nuts, toasted chopped pistachios and toasted slivered almonds, to garnish

3. Take the 10 cloves of mashed garlic and rub all over the chicken, getting some under the skin. Season with salt and pepper. In a large enough pot, heat the oil and place the whole chicken to brown all over. Pour in all of the lemon juice. Bring the heat down to a simmer, cover and leave the chicken to braise until it falls off the bone (about 40 minutes). Remove all of the skin and bones and discard. Reserve the meat in its lemony sauce.

4. While the chicken is cooking, it is a good time to make the rice. In a pot, heat the clarified butter and stir in the drained rice. Add the turmeric and salt. Mix well to coat each grain. Pour in the water to cover the rice by 1 inch. Allow to come to a boil. Reduce the heat to a simmer, cover and leave to cook undisturbed until the liquid is absorbed, about 10 - 15 minutes. Leave covered until ready to serve.

5. To assemble, place some of the croutons in a serving platter, followed by a layer of the hot rice. Mound the chicken with its lemony sauce on top. Drizzle the yogurt sauce over everything and garnish with the nuts. Serve immediately.

This recipe serves six. PETRINA TINSALY.

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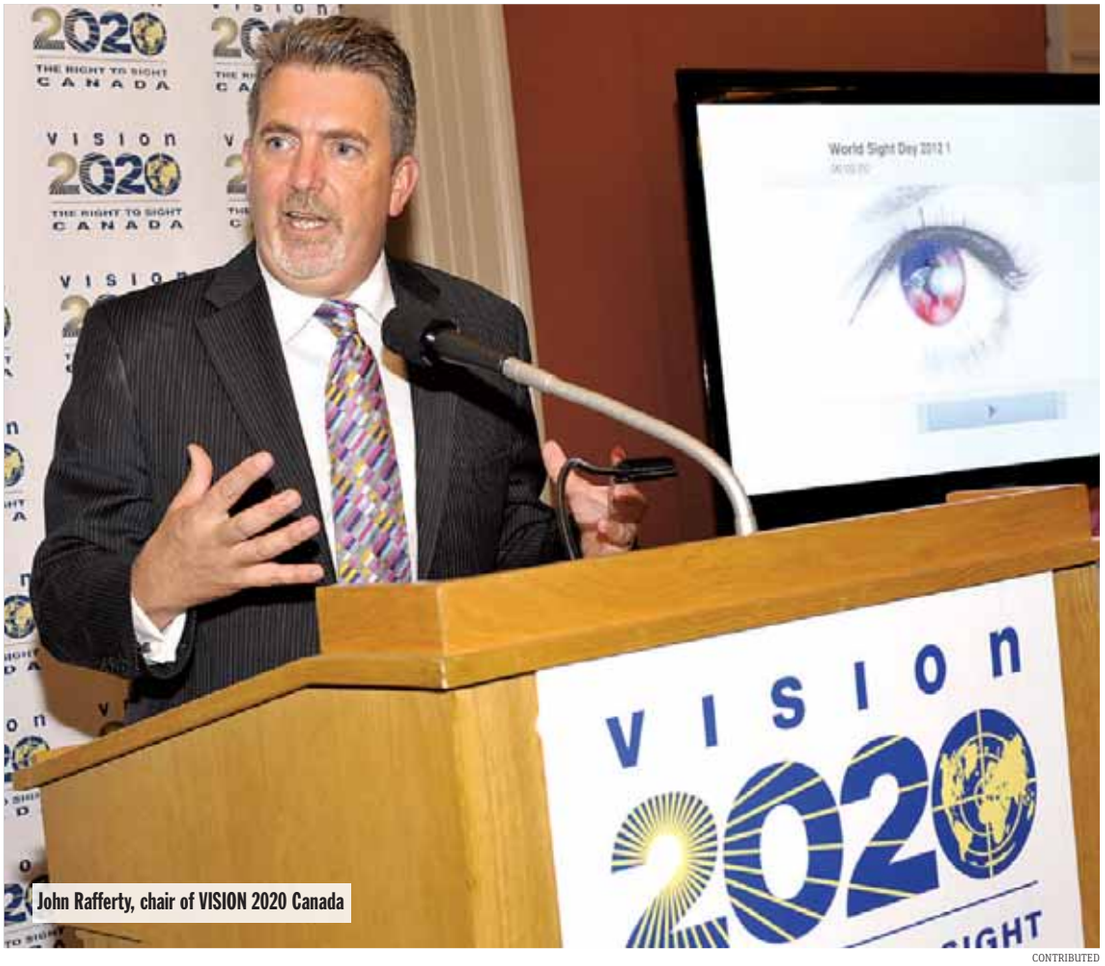

John Rafferty, chair of VISION 2020 Canada

CONTRIBUTED

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people. As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people from coast to coast, of all ages, understand the importance of having their eyes tested.

"Few Canadians realize that vision loss can happen to anyone, at any age", says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health. It's used to focus attention on the global issue of avoidable blindness and visual loss, and this year Rafferty was on Parliament Hill trying to put a positive light on the challenges that Canada will face as our country's population ages.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to international blindness prevention efforts," says Rafferty.

Last week, Parliament Hill was the site of a reception for members of Parliament, senators and ambassadors, who came out for an informal briefing on the state of our vision, at home and abroad.

Outfitted with special goggles that simulated vision loss and invited to perform simple daily tasks, the politicians got a brief glimpse of how vision can be affected by the four most common eye diseases that cause blindness and partial sight among Canadians. The effects of age-related macular degeneration (AMD), diabetic retinopathy, glaucoma, and cataracts were theirs to experience and begin to understand first-hand.

The main goal of VISION 2020 is the elimination of avoidable blindness globally. In developing countries, vision loss can be related to unsafe water and a significant portion of blind people in the world have cataracts. In Canada, our issues are largely related to the fact our population is aging.

"Regardless of the issues each country faces, prevention of blindness and vision loss needs to be on the health scorecard, and every country needs an implementation plan," Rafferty told the influential Ottawa crowd.

The governments of countries such as Australia, India and Sri Lanka have created their plans. Canada has not. Rafferty remains optimistic as he and fellow members of VISION 2020 Canada have begun to draft a five-point national vision plan to fill this void and the government officials who came out last Tuesday appear to be on board to help.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

– Sarah Pettersen, VISION 2020 Canada

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TWO OUT OF THREE OF THE WORLD'S BLIND ARE WOMEN

©ELLEN CRYSTAL PHOTOGRAPHY

Two-thirds of the world's 39 million blind people are women and girls, primarily because they receive treatment half as often as men. With 90 per cent of the world's blind living in developing countries, the number of women and girls struggling for life's most basic needs is a shocking but relatively unknown statistic.

Gender and blindness inequity exists across virtually all of the preventable and treatable conditions causing blindness, including cataracts, the most common cause of avoidable blindness, glaucoma and trachoma. Women and girls of all ages are more frequently exposed to causative factors such as infectious diseases and they use eye care services less frequently than men. This is primarily associated with the low literacy rates and the low socioeconomic status of women.

Seva Canada, an international development organization, has been working for 30 years to restore sight and prevent blindness in the developing world by creating local, sustainable programs that achieve long-term change. Seva has taken explicit leadership in the gender and blindness global initiative by developing specific strategies focused on overcoming cultural and economic barriers for women and girls to access eye care.

Seva believes it is imperative to find solutions to address gender and blindness inequity to help women and girls have a healthy and productive life, gain an education, have a family and escape the cycle of poverty. Giving women and girls the power of sight positively changes their lives, the lives of their family and their entire community.

For more information, visit seva.ca or call 1-877-460-6622 toll-free.

– Penny Lyons, Seva Canada executive director

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Accessible Media Inc. (AMI) is a not-for-profit multimedia organization operating two broadcast services, AMI-audio and AMI-tv, as well as a website (ami.ca).

AMI serves more than five million Canadians who are blind or with low vision, deaf or hard of hearing, learning disabled, mobility or print restricted, or learning English as a second language by making print, broadcast and online media accessible.

AMI's mission is simple: To make all media accessible to all Canadians. In pursuit of that mission, AMI believes that for all impacted and concerned Canadians, AMI can be a new model media organization that creates, advocates, collaborates and enables accessibility to all media.

AMI's engagement with the community expands well beyond its media services. In 2012, AMI launched a scholarship program that awards two $5,000 scholarships per year to qualifying individuals, one of which is reserved for a student with a permanent disability.

In addition, AMI is reaching out to Canadians who are blind or with low vision to help shape the future of accessible media in Canada by joining its research panel. The research panel will provide an opportunity for people who are blind or with low vision the opportunity to have their voices heard and offer recommendations to better service that community.

Finally, AMI, in conjunction with the CRTC's Described Video Working Group and the Canadian Association of Broadcasters (CAB), has developed a Described Video TV Guide (DV Guide). The DV Guide is a comprehensive list of most described television programming across Canada and can easily be accessed by visiting ami.ca/dvguide or by calling 1-855-855-1144.

For further information on AMI and its various programs and initiatives, please visit ami.ca.

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ACCESSIBLE MEDIA INC.

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TO MAKE ALL MEDIA ACCESSIBLE
TO ALL CANADIANS

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Seva CANADA | 30 YEARS

SPORTS 4

Cycling. USADA releases doping report on Armstrong

Lance Armstrong challenged the U.S. Anti-Doping Agency to name names and show what it had on him.

On Wednesday, it did.

The anti-doping group released a report on its case against Armstrong — a roadmap of the lengths Armstrong went to win seven Tour de France titles.

The report details cheating by Armstrong's teams and names 11 former teammates — Tyler Hamilton, Floyd Landis and Toronto's Michael Barry among them — as witnesses.

Quoted

"The most sophisticated, professionalized and successful doping program that sport has ever seen."

USADA chief executive Travis Tygart

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his wins and "more ruthlessly, to expect and to require that his teammates" do the same. THE ASSOCIATED PRESS

Cycling

Barry relieved after USADA testimony

Michael Barry
GETTY IMAGES FILE

Toronto's Michael Barry says coming clean on his past doping is both emotional and liberating.

Barry said in an interview it "feels good to be honest and not have to live a lie anymore."

He made the admission after the USADA said he testified against Lance Armstrong in a doping investigation. THE CANADIAN PRESS

NHL. Labour board deems lockout legal in Alberta

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The NHLPA had wanted the board to rule the lockout illegal in Alberta. THE CANADIAN PRESS

In New York

The NHL and the NHLPA met for five hours Wednesday but the talks did little to move the sides closer to a deal to end the lockout.

Pinch-hitter Ibanez belts 2 late homers in Yankees win

MLB. New York comes from behind to take 2-1 series lead over Orioles

Game 3

3	2
Yankees	Orioles

Raul Ibanez lined a ninth-inning home run while pinch-hitting for slumping Alex Rodriguez, then hit a leadoff homer in the 12th, giving the New York Yankees a stunning 3-2 win over the Baltimore Orioles on Wednesday night for a 2-1 lead in their AL division series.

Batting for baseball's highest-paid player, Ibanez homered to right-centre with one out in the ninth inning off major-league saves leader Jim Johnson to tie it at 2. He then hit the first pitch from Brian Matusz leading off the 12th.

Phil Hughes will start for the Yankees on Thursday in Game 4 of the best-of-five series. Chris Tillman or Joe Saunders will start for Baltimore.

Baltimore had won 16 straight extra-inning games, and had been 76-0 when leading after seven, before the Yankees stung them.

"It was a great experience. We do it as a team. We stay after it," Ibanez said. "I'm blessed to come up and have the opportunity like that. We do it together. It's about a team and about winning."

Ibanez got that chance after Yankees manager Joe Girardi made the decision to let him hit for Rodriguez — the first time A-Rod had ever been pinch-hit for in a postseason game, according to STATS LLC.

"You're going to be asked a lot of questions if it doesn't work," Girardi said. THE ASSOCIATED PRESS

Raul Ibanez of the New York Yankees reaches his teammates at home plate after hitting a walk-off home run in the bottom of the 12th inning against the Baltimore Orioles Wednesday in New York City. ALEX TRAUTWIG/GETTY IMAGES

Giants bats come alive to force do-or-die game

Tim Lincecum of the San Francisco Giants pitches against the Cincinnati Reds Wednesday in Cincinnati. ANDY LYONS/GETTY IMAGES

Facing elimination again, the San Francisco Giants came out swinging. Got a saving relief appearance from Tim Lincecum, too.

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later, and the Giants beat the Cincinnati Reds 8-3 on Wednesday, evening their NL division series at 2-all.

Lincecum, the two-time Cy Young winner relegated to the bullpen, also delivered. He entered in the fourth with the Giants ahead 3-2, struck out six while giving up just one run in 4 1/3 innings, and allowed his team to pull away.

"I knew he would play a huge role in this," manager Bruce Bochy said. "And I know of other situations where starters have been in the 'pen and really done a great job to help their team win. We knew Timmy would play a critical role in the series like he did tonight."

Pagan added: "Thanks to the win today, there will be a tomorrow. And we are ready for that."

Matt Cain, who lost the series opener and has yet to beat the Reds in three tries this season, will start Game 5 against Mat Latos. THE ASSOCIATED PRESS

Cardinals beat Nationals

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, Chris Carpenter pitched scoreless ball into the sixth inning and the Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series.

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Horoscopes

♈ Aries
March 21 - April 20
The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

♉ Taurus
April 21 - May 21
Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

♊ Gemini
May 22 - June 21
Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

♋ Cancer
June 22 - July 23
Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

♌ Leo
July 24 - Aug. 23
Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions . They don't have to be hard lessons.

♍ Virgo
Aug. 24 - Sept. 23
There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

♎ Libra
Sept. 24 - Oct. 23
Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

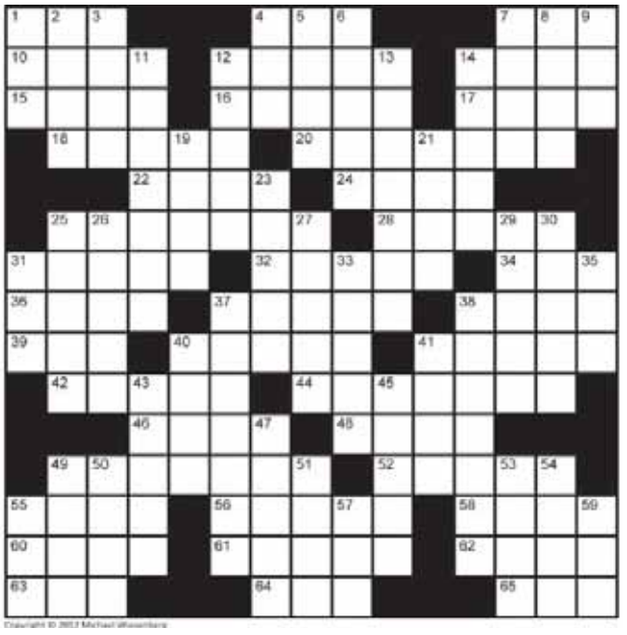
♒ Aquarius
Jan. 21 - Feb. 19
It's not easy seeing things form another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

♓ Pisces
Feb. 20 - March 20
Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

Fun Stuff

BY MICHAEL WIESENBERG



Across
1. Halloween's month: abbr.
4. The ___: Canada's largest department store, familiarly
7. Whirlpool site
10. Excite, as an appetite
12. "Dear Sir or ___"
14. Blacken in a pan
15. Biblical ark builder
16. BC neighbour to the south
17. Need
18. Activate, as an elevator button
20. 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
22. Wowed
24. Rowboat equipment
25. Canada's most populous province
28. Post-___ drip: cold symptom
31. Morning ___: climbing flower
32. 4th month
34. "Are we having ___ yet?"
36. *Garfield* comic strip dog
37. Puts money into a poker pot before cards are dealt
38. Mexican restaurant fare
39. ___ Moines, Iowa
40. Easy to see or understand
41. Tiny bits, from a Greek letter
42. Detox center
44. Midpoints
46. Mined materials
48. Boozehound
49. Stuck (to)
52. Apartment owned by a resident
55. Biblical Jacob's brother
56. It's often stranger than fiction
58. Distinctive flavour
60. Business group
61. Holding a higher position than
62. Heavy-metal vocalist Osbourne
63. Beach pursuit
64. Air leak sound
65. End-of-summer mo.

Down
1. Possess
2. Cut with an ax
3. Rip, as paper
4. Evil
5. Comic Sandler
6. Google competitor
7. Bond portrayer Connery
8. Window unit
9. Statues and paintings, e.g.
11. IMAX ___
12. Ebenezer Scrooge, for one
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Cheese with holes
19. Bend with the breeze
21. Shrinking Asian inland sea
23. Mother of William and Harry
25. More aged
26. Racket
27. Eye related
29. "___ worse than death" (2 wds.)
30. *Star Wars* creator George
31. Deity
33. Sign up for more magazine issues
35. 1, 2, 3, etc.: abbr.
37. Canada's fourth-largest province
38. Biggest city in 25-Across
40. Peel, as an apple
41. Pay ___ mind: disregard (2 wds.)
43. [Yawn]: (2 wds.)
45. Specialized market
47. Belgrade citizens
49. Where to find Siberia
50. "Heck"
51. Batman and Robin and Abbott and Costello
53. Haagen-___ ice cream
54. Entre dix et douze
55. Lizard often found in crossword puzzles
57. Boob tubes
59. Cheat

Yesterday's Crossword

What's online

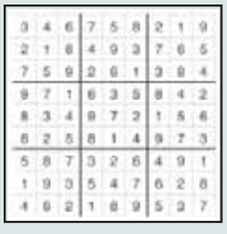
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	8				6	5		
7			3	9				4
					7	6		
		7		8				3
	4						6	
8				1		7		
		2	4					
4				7	5			1
		3	2				5	8

Yesterday's Sudoku



Today 15°/10° Partly cloudy
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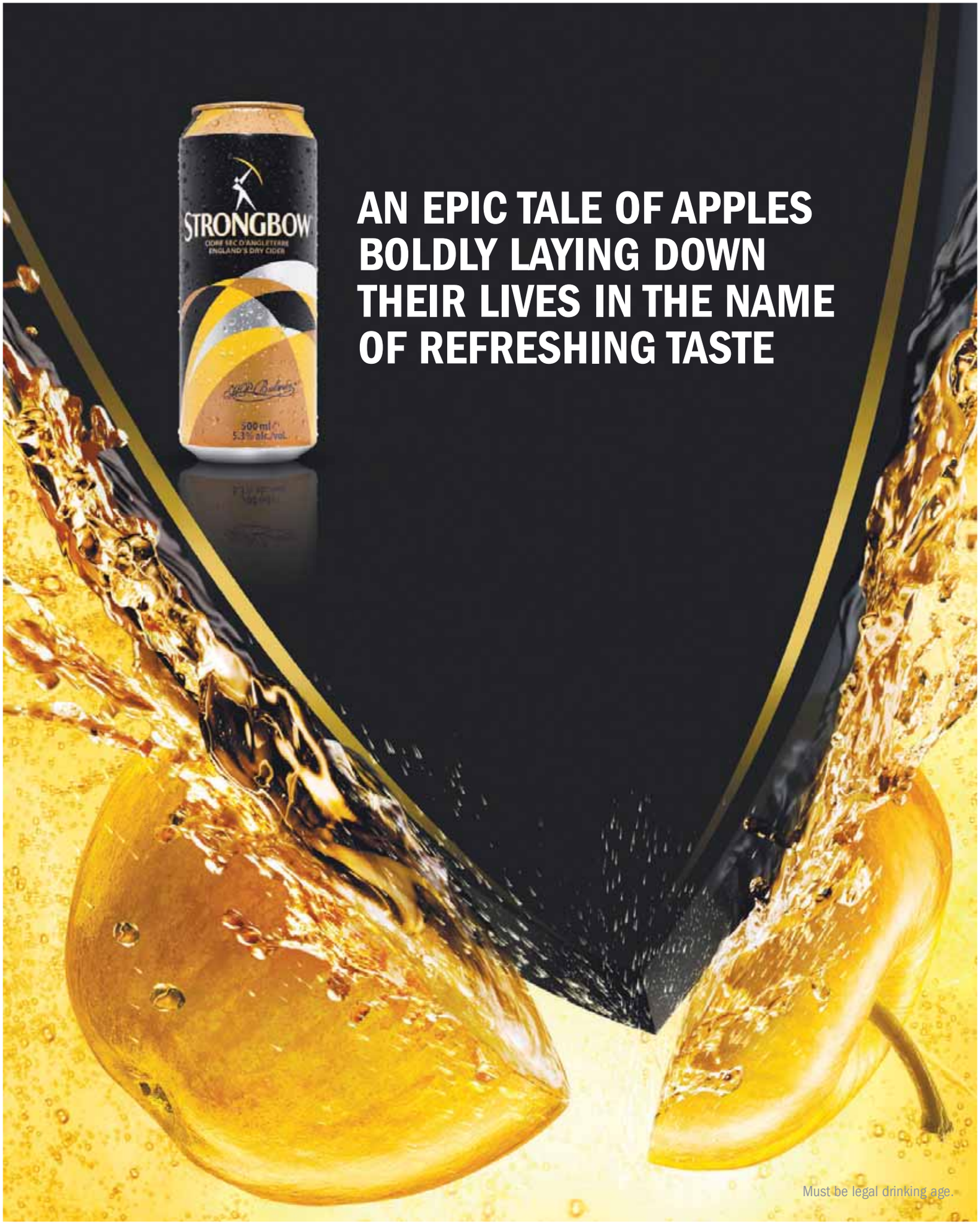
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